Family history is in regular text,
contributing voices in *Italic.*

Spelling of names of people and places vary due to different languages and countries, but are phonetically similar.

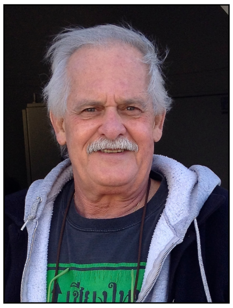
Photos are mostly at our house and taken by me.

Dedication

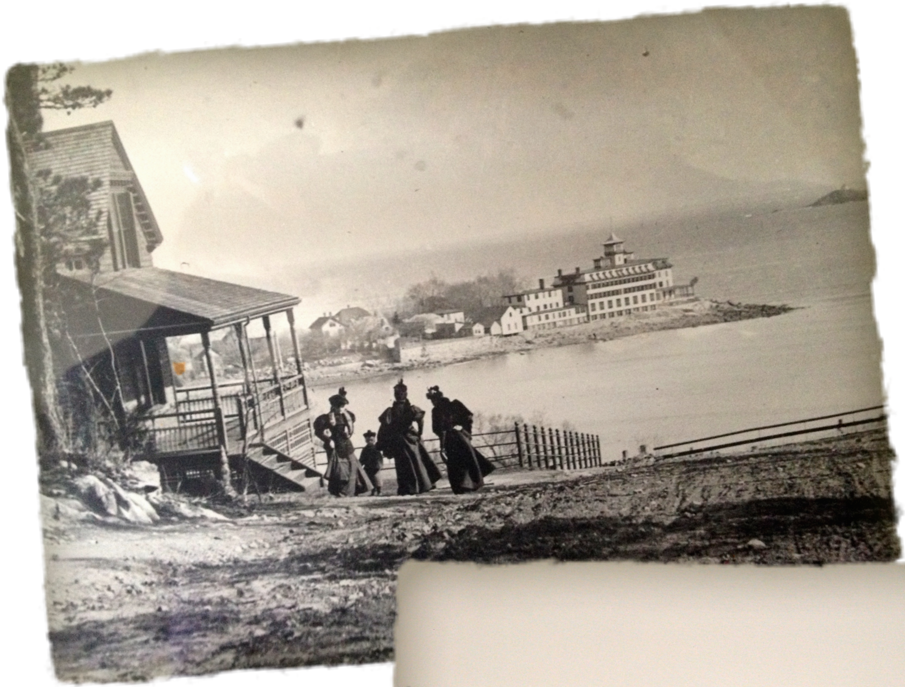
For Joshua and Gabriel, who asked me to create, "before it's too late," a book of old and new favorite recipes of our family. Family includes relatives near and far, and dear friends who have enriched our lives. To make this complete I have added family history, memories, and photographs.

As both of you are exceptionally creative cooks, I'm as proud of you in the kitchen as I am in the rest of your lives. You are my best creations!

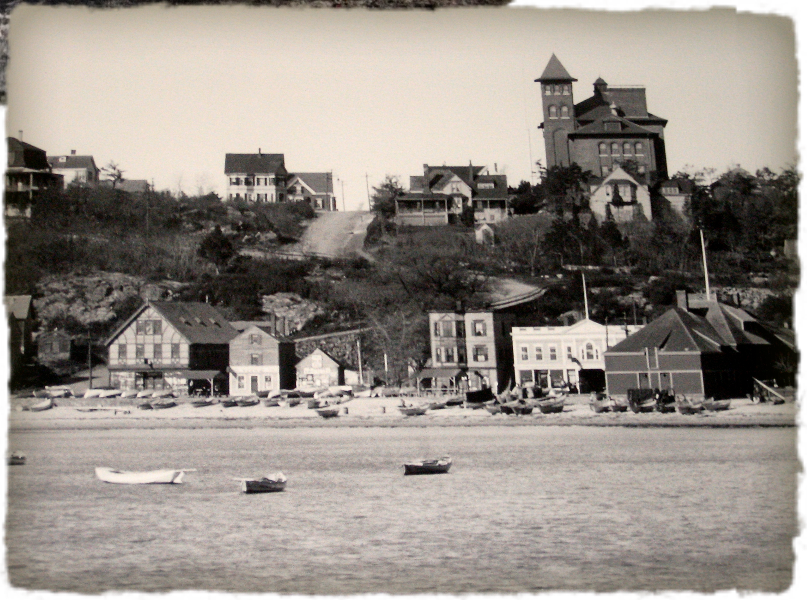
And to Freddy. My love, my best friend, my support, and always the air under my wings. Nothing I can say can express the love and adoration I have for you.



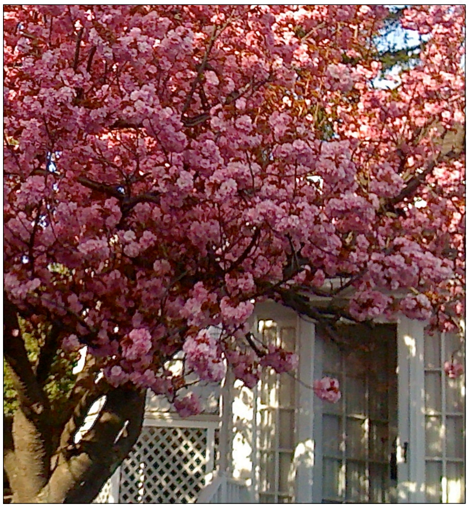
I hope this book leaves you with information that otherwise might easily evaporate if not documented. I encourage you, and all readers, to compile your own families' stories and to celebrate your own traditions–the ones you inherit and those you create.



Our house in Swampscott, the first and only house on the street, with women in bustles and little boy wearing hat. Cart tracks go down to the the ocean where builder and owner Eban Phillips could watch over his fleet of ships.



Greenwood Avenue curving up from the beach. Our house is at the top on the right, the old high school behind it. Circa 1850 from a glass plate negative.



Spring in Swampscott, 57 Greenwood Ave.

An Immigration Story

Most houses in the little shetel had dirt floors. Grandpa's house had one of wood–his was a middle class family. Born Abram-Movsha in Kovna, Russia, Grandpa lived in Aniksht (Anyksciei), Lithuania, and following in his father's footsteps, he was studying to be a rabbi. A crooked finger on his hand attested to the fact that while traveling home from school he fell asleep, his hand went over the side of the wagon, his finger was caught in the wheel, and it was broken and bent.

"I did not know this but I remember his bent finger... Wow!!" cousin Michael Libenson

Nicholas 11, "Emperor of all the Russias" ruled the Polish/Lithuanian/Russian area and Russia was at war with Japan. Jewish boys were conscripted and put in the front lines--not a good long-term prognosis. Even knowing they might never see him again, his parents payed passage for Grandpa to come to America. With a bottle of jam and a loaf of bread under his arm, he sailed for New York in 1905. He spoke no English; the note pinned to his coat asked that he be sent to Chelsea, Massachusetts to be with his great aunt. Grandpa was nineteen years old.

He started working in a factory as a shoe stitcher where he saved small, discarded scraps of leather. At night at home he would take a door off the hinges, put it across two crates to make a table, and using the little salvaged pieces of leather, he made baby shoes. When a case, thirty-six pairs, was complete, he peddled them.

Ida and Morris

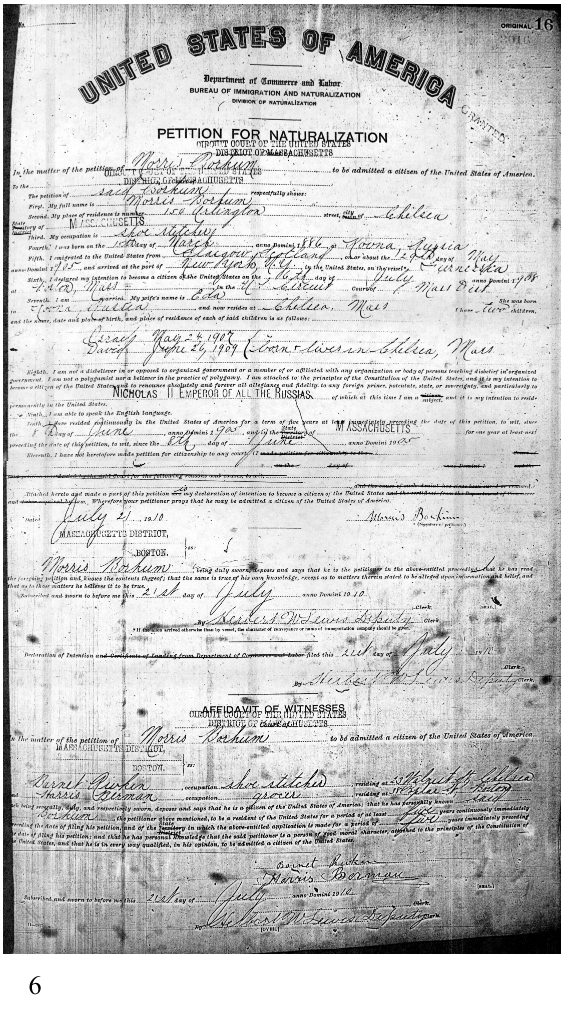
He soon sent for Ida to join him. They married, and by the time they received their naturalization papers in 1910 Israel and David were born.

Grandpa's own shoe company began in a small office on Lincoln Street in Boston. His eldest son Uncle Izzie (Israel, also called Arthur) went into the business with him. Somewhere along the way a factory was purchased in Brockton, MA. The next oldest son Uncle Dub (David) had studied at Dartmouth, received his law degree in1934 from Harvard, practiced law for a while, then he, too, went into the business. Next, Uncle Paitchy, (Abraham), whose name came from the baby game "patty cakes," graduated from U.Penn, received a law degree from Boston University, and joined his father and brothers. Aunt Mae went to Lasell College, married Oscar Finkel, and he went into the business. The youngest was my father Mickey (Max William) who graduated from Harvard summa cum laude in 1937 with a desire to study medicine; weak eyes precluded this. So, into the business he went, too!

It was known in the business world that Grandpa's handshake was as good as a signed contract. He was as honest and fair as he was astute. He "didn't have to get the very last dime." "Everyone has to eat."

His financial success translated into generous and philanthropic community service; his time and money were instrumental in founding many organizations in the growing Boston Jewish community. Those of which I know are Brandeis University, Hillel House at Boston University, The Hebrew Home for the Aged, and Maimonides School.

Though he was not especially observant. I remember asking Grandpa if he believed in God. He responded with palms up and a little shrug of the shoulders, "Vell…just in case…" Interestingly, he and the brilliant, revered orthodox Rabbi Soloveitchik were very close friends who enjoyed a weekly study group together.



No. ORIGINAL. 16

UNITED STATES OF AMERICA

Department of Commerce and Labor
BUREAU OF IMMIGRATION AND NATURALIZATION
DIVISION OF NATURALIZATION

GRANTED

PETITION FOR NATURALIZATION

CIRCUIT COURT OF THE UNITED STATES
DISTRICT OF MASSACHUSETTS

In the matter of the petition of Morris Borkum to be admitted a citizen of the United States of America.

To the CIRCUIT COURT OF THE UNITED STATES DISTRICT OF MASSACHUSETTS

The petition of said Borkum respectfully shows:

First. My full name is Morris Borkum

Second. My place of residence is number 150 Arlington street, city of Chelsea State of MASSACHUSETTS

Third. My occupation is shoe stitcher

Fourth. I was born on the 15th day of March, anno Domini 1886 at Kovna, Russia

Fifth. I emigrated to the United States from Glasgow, Scotland, on or about the 29th day of May anno Domini 1905, and arrived at the port of New York, N.Y. in the United States, on the vessel* Furnessia

Sixth. I declared my intention to become a citizen of the United States on the 16th day of July anno Domini 1908 at Boston, Mass in the U.S. Circuit Court of Mass Dist

Seventh. I am married. My wife's name is Eda She was born in Kovna, Russia and now resides at Chelsea, Mass I have two children, and the name, date and place of birth, and place of residence of each of said children is as follows:

Israel May 24, 1907
David June 26, 1909 born + lives in Chelsea, Mass

Eighth. I am not a disbeliever in or opposed to organized government or a member of or affiliated with any organization or body of persons teaching disbelief in organized government. I am not a polygamist nor a believer in the practice of polygamy. I am attached to the principles of the Constitution of the United States, and it is my intention to become a citizen of the United States and to renounce absolutely and forever all allegiance and fidelity to any foreign prince, potentate, state, or sovereignty, and particularly to NICHOLAS II EMPEROR OF ALL THE RUSSIAS of which at this time I am a ~~citizen~~ subject, and it is my intention to reside permanently in the United States.

Ninth. I am able to speak the English language.

Tenth. I have resided continuously in the United States of America for a term of five years at least immediately preceding the date of this petition, to wit, since the 8 day of June, anno Domini 1905, and in the State ~~Territory~~ ~~District~~ of MASSACHUSETTS for one year at least next preceding the date of this petition, to wit, since the 8th day of June, anno Domini 1905

Eleventh. I have not heretofore made petition for citizenship to any court. (I ~~made petition for citizenship to the~~ ~~Court of~~ ~~at~~ ~~on the~~ ~~day of~~ ~~anno Domini 1~~ ~~and the~~ ~~said petition was denied by the said Court for the following reasons and causes, to wit,~~ ~~and the cause of such denial has since been cured or removed.~~)

Attached hereto and made a part of this petition ~~are~~ is my declaration of intention to become a citizen of the United States ~~and the certificate from the Department of Commerce and Labor required by law~~. Wherefore your petitioner prays that he may be admitted a citizen of the United States of America.

Dated July 21, 1910

Morris Borkum
(Signature of petitioner.)

MASSACHUSETTS DISTRICT,
BOSTON. } ss:

Morris Borkum, being duly sworn, deposes and says that he is the petitioner in the above-entitled proceeding; that he has read the foregoing petition and knows the contents thereof; that the same is true of his own knowledge, except as to matters therein stated to be alleged upon information and belief, and that as to those matters he believes it to be true.

Subscribed and sworn to before me this 21st day of July, anno Domini 1910.

[SEAL.] Clerk.

By Herbert W Lewis Deputy Clerk.

* If the alien arrived otherwise than by vessel, the character of conveyance or name of transportation company should be given.

Declaration of Intention ~~and Certificate of Landing from Department of Commerce and Labor~~ filed this 21st day of July 1910

Clerk.

By Herbert W Lewis Deputy Clerk.

AFFIDAVIT OF WITNESSES

CIRCUIT COURT OF THE UNITED STATES
DISTRICT OF MASSACHUSETTS

In the matter of the petition of Morris Borkum to be admitted a citizen of the United States of America.

MASSACHUSETTS DISTRICT,
BOSTON. } ss:

Barnet Rivkin, occupation shoe stitcher, residing at 23 Walnut St, Chelsea
and Harris Berman, occupation grocer, residing at 18 Poplar St, Boston
each being severally, duly, and respectively sworn, deposes and says that he is a citizen of the United States of America; that he has personally known said Borkum, the petitioner above mentioned, to be a resident of the United States for a period of at least five years continuously immediately preceding the date of filing his petition, and of the State ~~Territory~~ ~~District~~ in which the above-entitled application is made for a period of five years immediately preceding the date of filing his petition; and that he has personal knowledge that the said petitioner is a person of good moral character, attached to the principles of the Constitution of the United States, and that he is in every way qualified, in his opinion, to be admitted a citizen of the United States.

Barnet Rivkin
Harris Berman

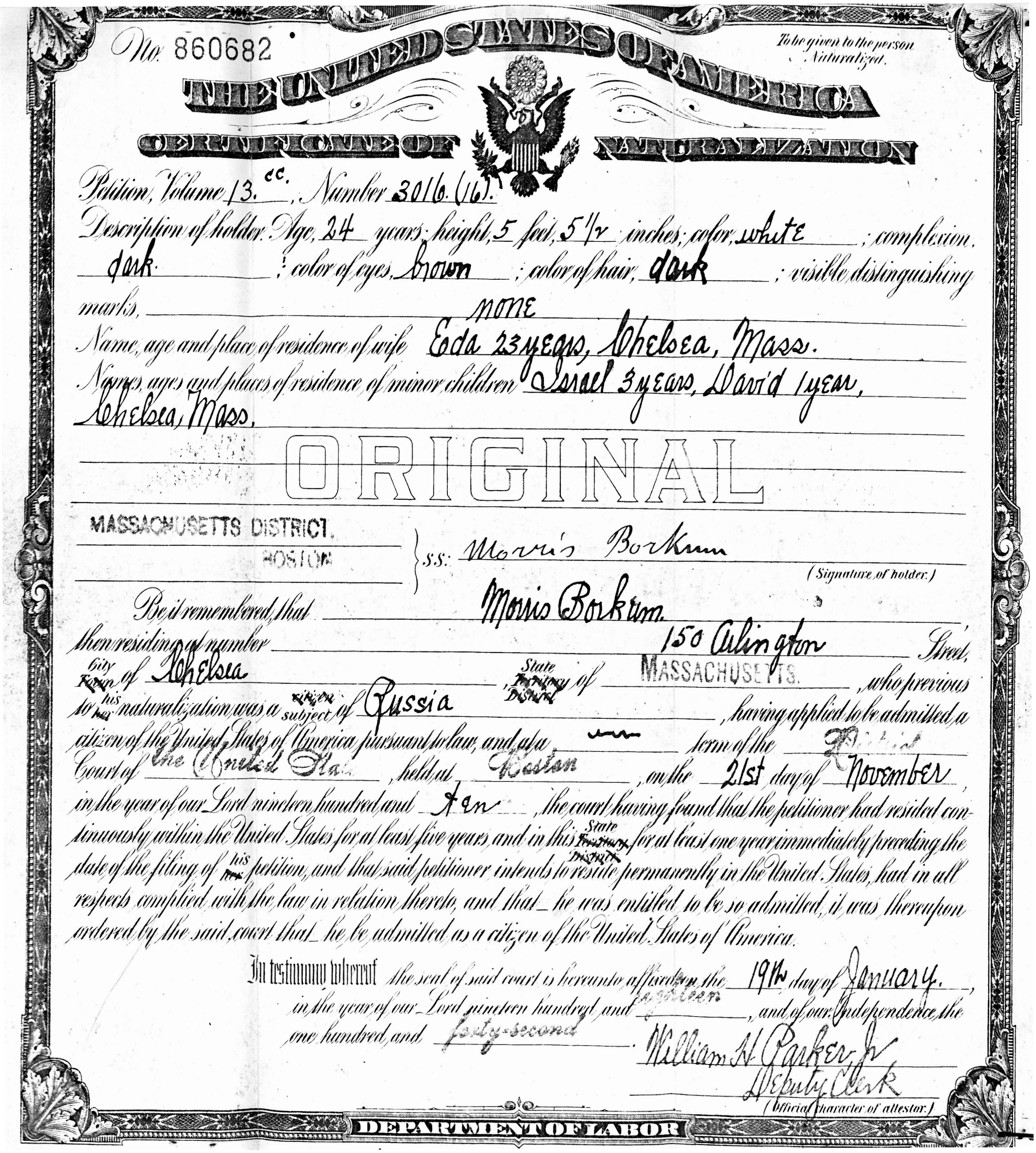
[SEAL.]

Subscribed and sworn to before me this 21st day of July, anno Domini 1910, Clerk.

By Herbert W Lewis Deputy Clerk.

[OVER.]

Grandpa’s Certificate of Naturalization



No. 860682

To be given to the person Naturalized.

THE UNITED STATES OF AMERICA

CERTIFICATE OF NATURALIZATION

Petition, Volume 13.$^{cc.}$, Number 3016. (16).

Description of holder: Age, 24 years; height, 5 feet, 5½ inches; color, white; complexion, dark; color of eyes, brown; color of hair, dark; visible distinguishing marks, none

Name, age and place of residence of wife Eda 23 years, Chelsea, Mass.

Names, ages and places of residence of minor children Israel 3 years, David 1 year, Chelsea, Mass.

ORIGINAL

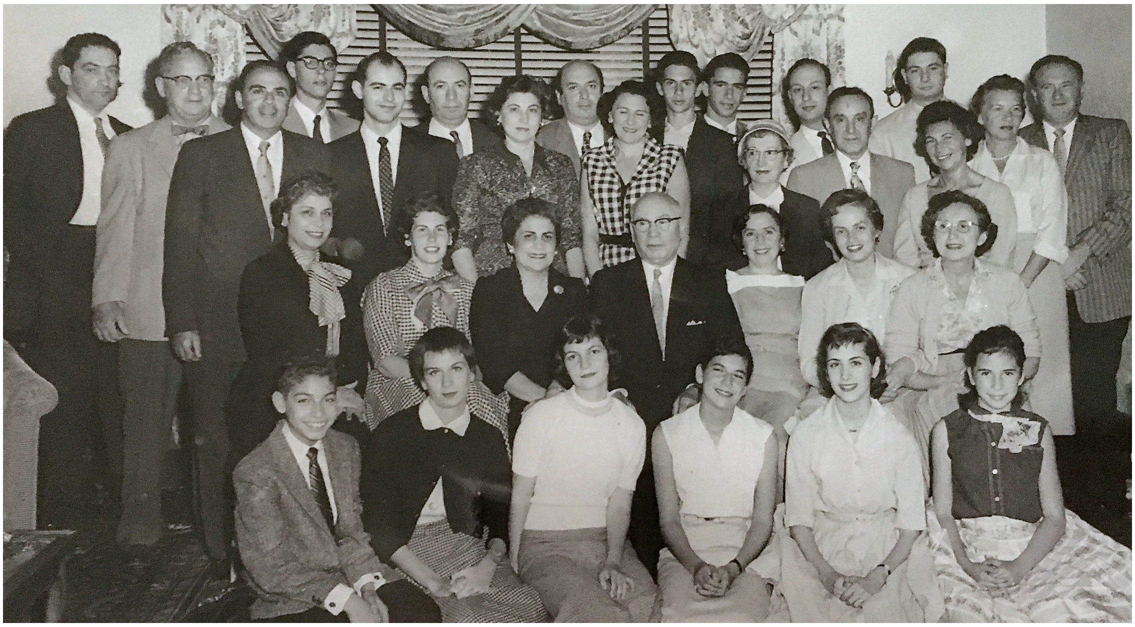
MASSACHUSETTS DISTRICT.
BOSTON
ss: Morris Borkum
(Signature of holder.)

Be it remembered, that Morris Borkum then residing at number 150 Arlington Street, City ~~Town~~ of Chelsea, State ~~Territory~~ ~~District~~ of MASSACHUSETTS, who previous to his ~~her~~ naturalization was a ~~citizen~~ subject of Russia, having applied to be admitted a citizen of the United States of America pursuant to law, and at a — term of the District Court of the United States held at Boston, on the 21st day of November, in the year of our Lord nineteen hundred and ten, the court having found that the petitioner had resided continuously within the United States for at least five years and in this State ~~Territory~~ ~~District~~ for at least one year immediately preceding the date of the filing of his ~~her~~ petition, and that said petitioner intends to reside permanently in the United States, had in all respects complied with the law in relation thereto, and that he was entitled to be so admitted, it was thereupon ordered by the said court that he be admitted as a citizen of the United States of America.

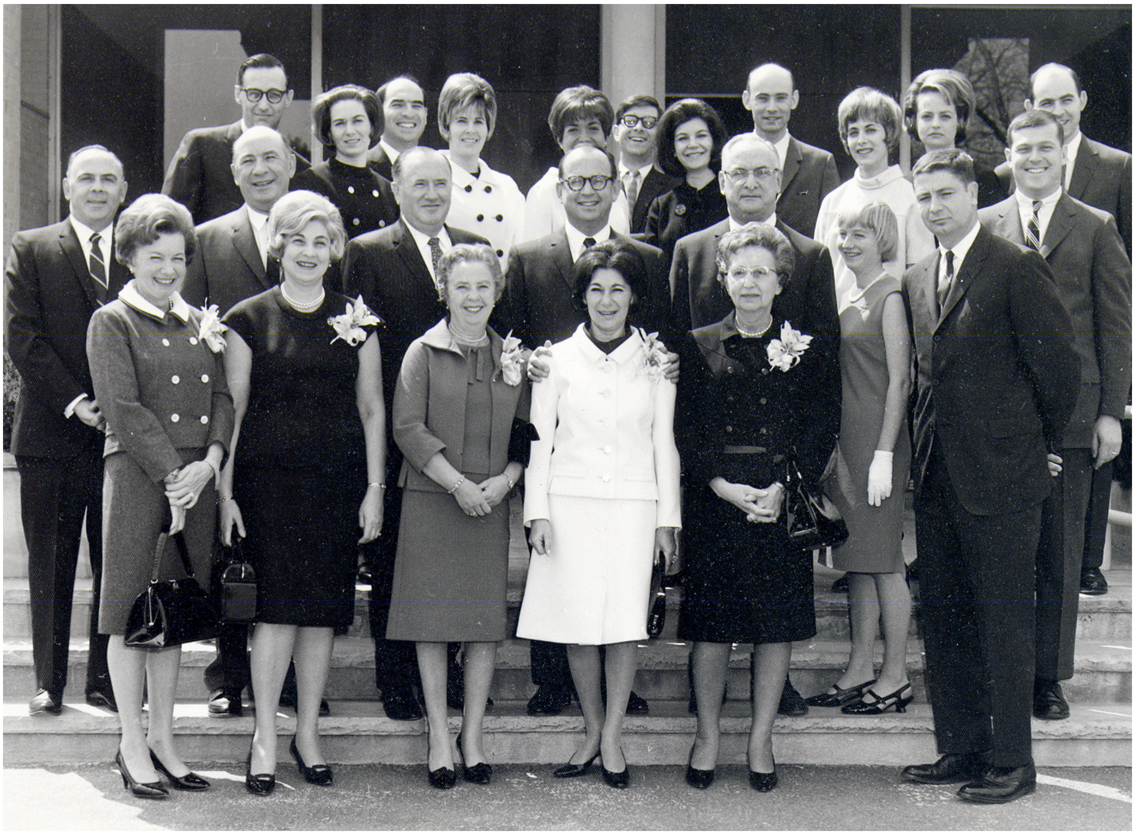
In testimony whereof the seal of said court is hereunto affixed on the 19th day of January, in the year of our Lord nineteen hundred and eighteen, and of our Independence the one hundred, and forty-second.

William H. Parker, Jr.
Deputy Clerk
(Official character of attestor.)

DEPARTMENT OF LABOR



Family Get-Together rows back to front: Uncle Paitych and Aunt Evelyn, Uncle Israel and Aunt Bea, UncleOscar and Aunt Mae, my parents Mickey and Freda, Uncle Dub and Aunt Ann
Top row: Dick Ornstein and Nancy Borkum Ornstein, Don Paulson, Sandy Platten Borkum, Netta Ben-Porath, Richard Bertman and Sandy Borkum Bertman, David, Joanie Borkum Epstein, Barbara Borkum Weinstock, Marty Epstein, Sonny Borkum
(Photo probably taken 1954 by Mickey.)

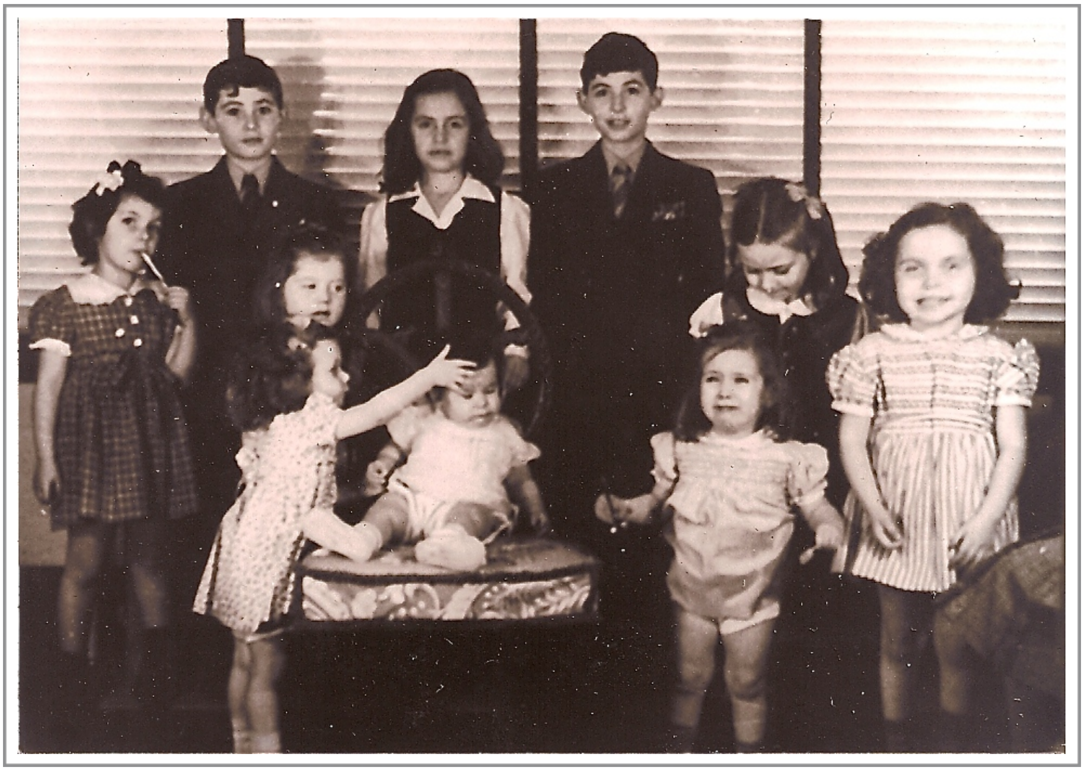


Occasion of Dedication of Science Room in honor of Morris and Ida Borkum: First 2 rows back to front: Uncle Paitych and Aunt Evelyn, Uncle Israel and Aunt Bea, UncleOscar and Aunt Mae,my parents Mickey and Freda, Uncle Dub and Aunt Ann
Front row right: Diane Finkel Paulson, Buddy Weinstock and Barbara Borkum Weinstock standing above and behind
Top row: Dick Ornstein and Nancy Borkum Ornstein, Don Paulson, Sandy Platten Borkum, Phyllis Borkum, Richard Bertman and Sandy Borkum Bertman, David, Joanie Borkum Epstein, Barbara Borkum Weinstock, Marty Epstein, Sonny Borkum

I Remember Grandpa...

❤ His round face like a beaming moon. His heart was huge and embraced everyone. He laughed and lived life every second to its fullest. Goodness and love for all mankind radiated from him.

❤ Grandpa coming home, opening the front door, and singing out in a loud and cheery high to low "haaa-looow."



The cousins: Standing back row: Sandy, David, Barbara, Sumner
Front row: Diane, Ellie reaching to Paula, Joanie (apparently not enjoying the moment), Nancy, Phyllis

❤ Grandpa's forever young spirit. "They're young. Let the kids go out and enjoy themselves" he would say to our super-conservative parents.

❤ Falling asleep in an instant for a five minute cat nap and waking up just as quickly, refreshed and full of vim and vigor.

❤ All our families finding bags of fresh hot bagels on their doorsteps delivered at 6:00 a.m. every Sunday morning, by Grandpa.

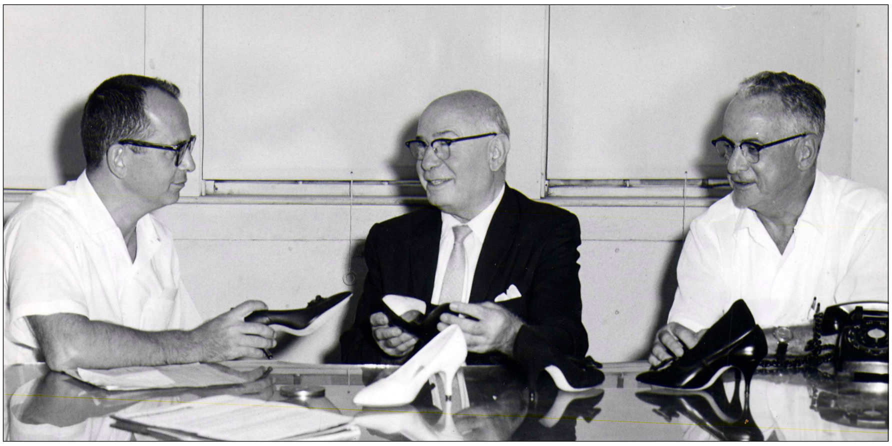
❤ Meeting Miriam Ben-Porath who visited us from Israel. Miriam was active in WIZO, a Zionist women organization and was in the US for meetings at the UN. My memory is of her sitting on the sofa in the living room–a strong, dynamic, dark haired woman. As with all our Israeli previously unmet family, she stayed with us at our house.

❤ The house in Newton as Command Central. All Grandpa's sons were in the shoe business and they convened in the Ward Street library on Sundays behind closed doors to have a weekly business meeting.

❤ The uncles all having keys to Ward Street. It was lively and fun for me having so much family around all the time.

Miriam Ben-Porath

❤ The aunts and uncles all driving Oldsmobiles that had identical locks and keys, so anyone in the family could drive anyone else's car if it was blocking another car at the factory, or the Ward Street driveway, or if it was just convenient to take the closest car to run an errand.

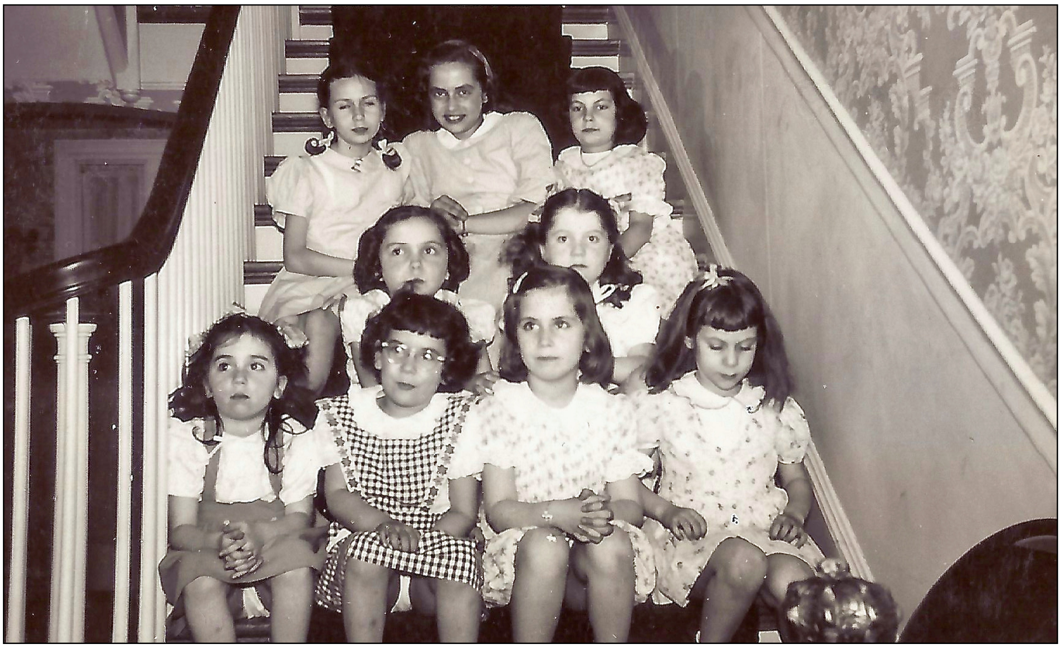


My father Mickey, Grandpa, Uncle Dub

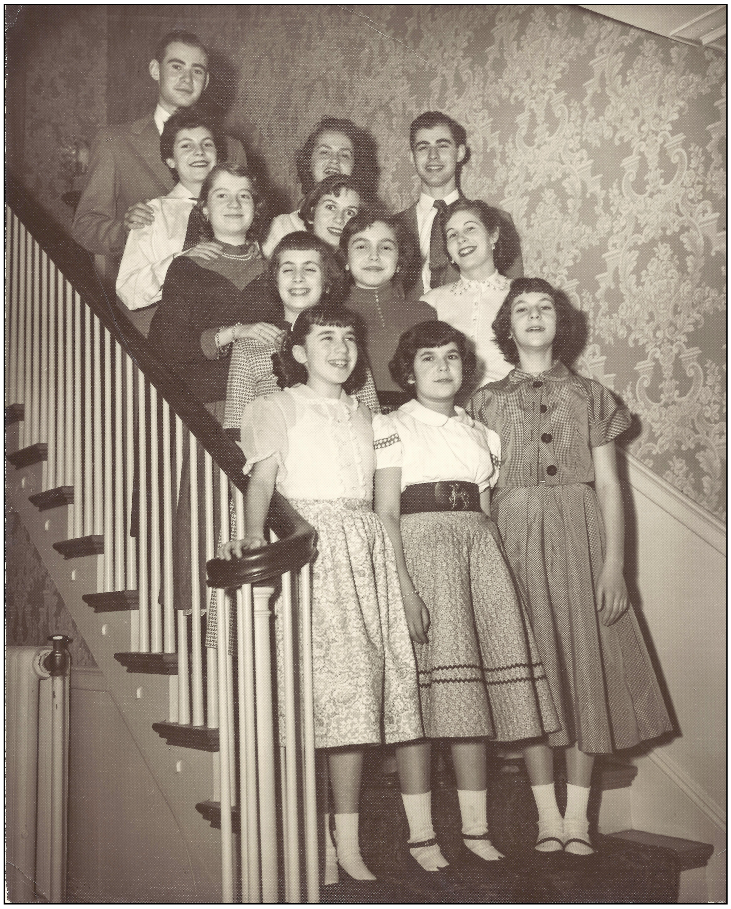
❤ Thanksgiving and Passover celebrated by the whole family at Ward Street. We played hide and seek (best spots were behind the tall, heavy drapes in the living room and in the bottom of the laundry shoot in the laundry room). We put on skits which our parents both *qvelled* at and endured. During the meal we gleefully threw olive pits under the dining room table–at least cousins Joanie, Phyllis and I did. Did the adults ever know? Recipes from these dinners are in the Holiday section of this book.

Then all eleven cousins, two boys and nine girls, stood or sat on the long front staircase pretty much in order of seniority starting with the oldest on top, to have the requisite family photo taken. My father, an amateur photographer, had his studio in the basement (cellar in those days) where he developed and printed them. All these old family photos are his.

...Sitting on the Stairs



Top to bottom: Nancy, Barbara, Sandy, Phyllis, Diane, Betsy Paula, Joanie, Ellie



Top to bottom: David, Sandy, Diane,Barbara, Sumner,
Diane, Nancy,
Joanie, Phyllis, Sumner's future wife Sandy Platten,
Betsy, Paula, Ellie

…and we're still doing it!

Top to bottom:Gabriel, Jonathan, Stefan,
Louisa, Joshua,
Monica, Greg, Ethan, David

Top to bottom: Rick, Jonathan, Monica, David,
Louisa Stefan, Joshua, unknown, Betsy,
Ethan, Gabriel

Top to Bottom: Sandy, Nancy, Joanie,
Michelle (Phyllis's daughter), Ellie
Paula, Betsy

Top to bottom: We three sisters:
Sandy, Ellie, Paula

Top to bottom: Sonny, Barbara, Sandy, Nancy, Betsy, Ellie, Joanie

The House in Nantasket

Our Gang of Little Rascals:
Left to right: Sonny, Barbara, Diane, Sandy, Phyllis

Grandpa bought a wonderful house at Nantasket Beach, about one and a half hours from the house in Newton. 133 Beach Avenue was surrounded with sweet-smelling petunias, and as the street name indicates, it was on the sand. Most of us cousins went to overnight camp, but in the summers before and after camp, the beach house was our favorite place to be. Although private property, Grandpa let anyone park there to enjoy what he was felt he was so fortunate to have.

He went in the ocean every day for a dip. A handkerchief tied in a knot at each of its' four corners sat on his shiny bald pate to protect him from the sun.

A special treat for us after a day on the beach was an outing to Paragon Park led by Uncles Dub and Paitchy. The amusement park had everything to delight us: rides including bumper cars, roller coaster and ferris wheel, then pink cotton candy, and, most fondly remembered, delicious crispy, salty clams, deep fried in lard, to perfection. No one knew then how bad they were for us, and no one who ate them ever had *any* more delicious.

Queen Lake Camp

Eight glorious fun-filled weeks were spent each summer at Queen Lake Camp in Athol, Massachusetts. Half-way through the season at visiting day Nanny, Grandpa, our parents, and the aunts and uncles drove up the long winding driveway that led into camp. It was with incredible, nearly agonizing, anticipation that we waited in the Wishing Well as campers' parents drove up. Would ours be the next to arrive?

Finally--our car! Then we proudly led our parents to the arts and crafts studio to see our gimp lanyards and painted pottery piggy banks, to view our sports fields, to visit the lake. They brought picnic hampers packed with delicious breads and deli. There were treats and gifts for bunkmates and presents (shoes of course) for our councilors.

Camp was where we learned to swim and dive, play tennis, baseball, basketball and jacks, and shoot arrows at archery targets. Games and good sportsmanship were part of the package. We hunted for little oranges spotted salamanders under mossy stones on nature walks in the fragrant woods. On rainy nights we were asked to "run between the raindrops" to the social hall where Dick, our camp director, showed classic movies as we gnawed huge, teeth-destroying Sugar Daddy candy bars. Camp was where there was time to lie back on warm grass watching fluffy clouds float by, time to daydream, and time for lots of singing every day. It's also where we made life-long friends.

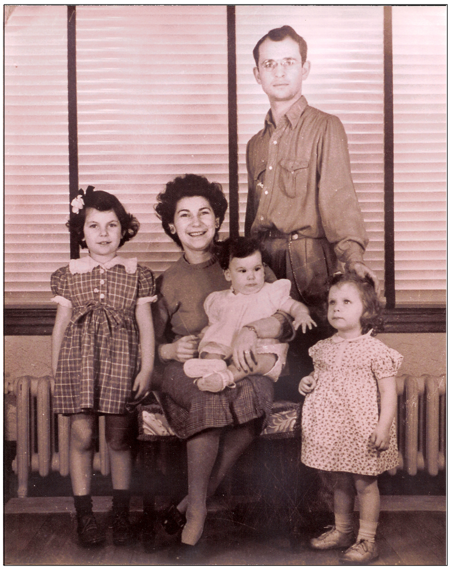
Joanie Dretler, Butch Grossman, Lois Aronson, Elie Borkum, Andy Taub, Nancy Whitman, 1950, E4, 8 years old

Grandpa, Nanny, Nancy, Sandy. Diane, Janie, & Ellie, holding bunk presents of pick up sticks.

Susie Wise, Joanie Dretler, Lois Aronson, Butch Grossman, Ellie Borkum,1949 E7, 9 years old

Growing up on Ward Street

Mummy was gentle, petite, pretty, had dark almond shaped eyes, and was the kindest person I ever knew. She (Freda, née Frances Evelyn) was a whiz in math, English and Latin, and she never met a word she couldn’t spell! As a child she took the streetcar with her older cousin Mary from Chelsea into Boston for lessons–she played the violin. Later, it was canasta and golf.



Standing: Mickey
Left to right: Sandy, Freda, Paula, Ellie

Daddy (Mickey) was brilliant, business-oriented, and purposeful. He loved his family, had a beautiful whistle, was an accomplished harmonica player. photographer, golfer, and, Gilbert and Sullivan aficionado.

They both grew up in Chelsea and they were childhood sweethearts. While in college, my mother at Emerson, my father at Harvard, they eloped. The story goes that Mommy wore a band-aid over her wedding ring until they were ready to let it be known they had married.

In 1941 when I arrived they moved from an apartment in Brighton with Sandy, four years old (the first “Harvard Baby” of my father’s class of ‘37, to the house on Ward Street in Newton. Paula arrived 14 months later.

My mother forwent a home of her own in Brockton where the shoe factory was, to live with her in-laws so we three girls could go to Newton schools, noted for their excellence.

With fourteen rooms to choose from, an airy attic, and a monstrous cellar, we had plenty of space in which to play. The yard, too, was large and lovely with apple, pear and peach trees, lots of hiding places, grass for games, and a paved walk perfect for roller-skating. The courtyard was enclosed with a high lattice fence where laundry was hung out, and it had the perfect brick wall with pavement in front of it for endless wall ball games of “Seven-Six”. A commodious apple tree offered its boughs as my favorite place to nest while I whiled away happy hours reading Nancy Drew mysteries.

Mickey and Freda

We were lucky because we got to know our grandparents and their old world ways. Nanny made sour green tomatoes which cured in the basement in large ceramic crocks. We had homemade applesauce from our trees. We gobbled up Seckel pears which fell in abundance from the trees. Gefilta fish for Passover was made from scratch. Nanny taught us how to play solitaire. She knitted all the grandchildren woolen mittens and matching hats with pompoms on the top and on the tips of the chin ties. She made a cradle for my favorite doll Janie from a Quaker Oats oatmeal container which she covered in fabric, complete with a ruffled bed skirt. I still have Janie--no clothes left but a pair of underpants. I still have Nanny's sewing machine, too.

We went to the John Ward School, a progressive public school just minutes away by cutting through back yards--no one seemed to have fences then. Girls Scouts, playing 'over' friends' houses, riding bikes to the library, ice skating on Crystal Lake, going to the circus and Ice Capades with my father, sisters and cousins, ballet lessons on Beacon Street in Brookline with Miss Pope, piano lessons with down-the-street Mrs. Caras, and playing Old Maid, Concentration, and Monopoly were all part of an idyllic childhood.

Halloween, 1948

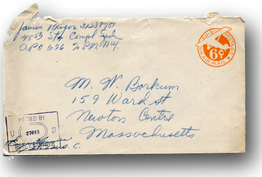
Ballerina Paula and Fairy Princess Ellie

The Berger Family

Freda, Sandy, Bubbe, Paula, Ellie

My maternal grandmother Bessie Margolus married Samuel Berger. Bubbe called everyone in the family endearing terms like“bubbalah, or “mamminka,” or “meine kinda(la).” My mother was “Fageleh,” Yiddish for “little bird.” Ever our real names? Probably not. Bubbe adored us.

Sonny (James, sometimes Jimmy), was my mother’s younger brother. He spent the war years in Germany. My mother, a Gray Lady helping with the war effort, wrote him every single day! His letters home tell how he scouted Europe for talent for USO shows that he wrote, arranged, produced, directed, and acted in. Bob Hope, the Lunts, and Mickey Rooney were just some of the Hollywood talent he worked with. Two shows I know of were “Follies Berger” and “I’m Getting Nervous in the Special Service.” Having a personal driver, searching for talent in France and Switzerland, and looking like a double for John Wayne made his war years eventful.



James Berger 31238751
4513 Sth Compl Sqdn
APO 696 % P.M. N.Y.

M. W. Borkum
159 Ward St
Newton Centre
Massachusetts

PASSED BY
U 27613 S
ARMY EXAMINER

U.S. POSTAGE
VIA AIR MAIL
6¢

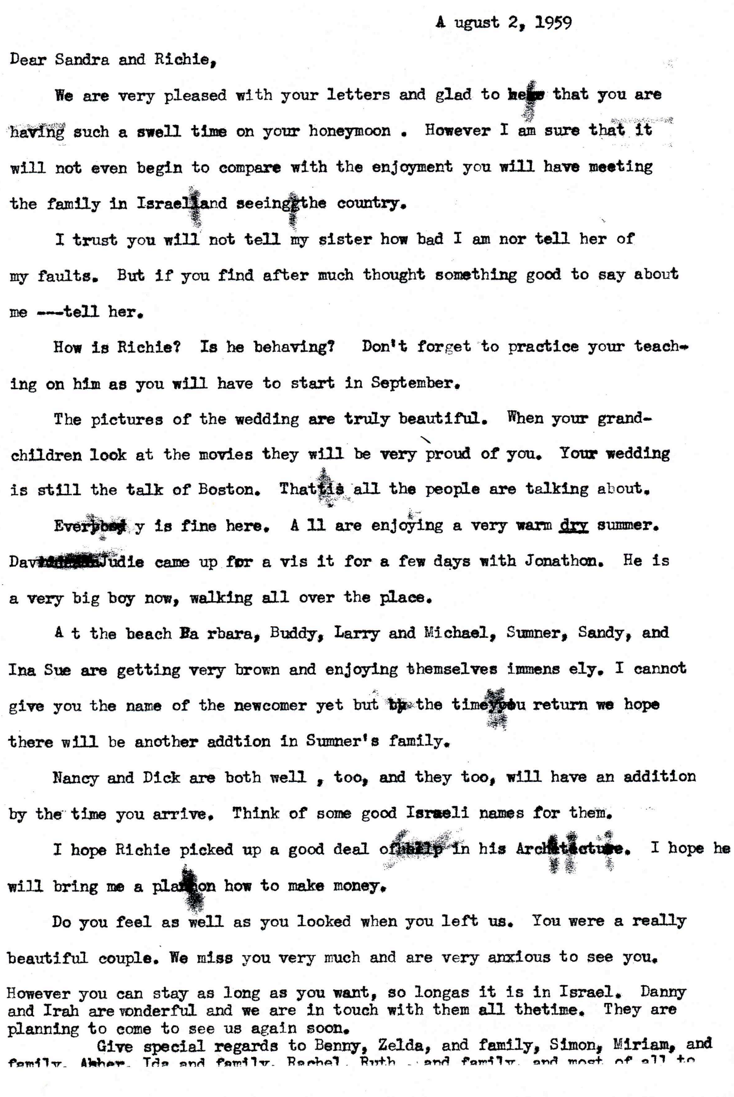
Diddy (David), the youngest sibling delighted us with his magic tricks and extreme yo-yo ability. “Round the World” and “Bite the Dog” were my favorites. He had a beautiful singing voice, and we all loved it when he played the trumpet.

Grandpa Berger passed away when we were young. My only memory of him was of us waving to each other, he from his hospital room window, we children from the parking lot.

I loved to go to Bubbe’s apartment on Lothian Road in Brighton and eat saltines with butter! When Bubbe was at our house in Newton we prevailed upon her to bake her magnificent Bubbe Bread, aka Bubka. The method--no specific recipe--is in the Muffins & (Quick) Breads chapter.

Sandy & Richie's Wedding

Sandy and Richie were married July 5, 1959 in a garden wedding at the house in Newton. They honeymooned in Italy, then Israel, where they stayed with Ben and Zelda Ben-Porath. Grandpa sent the following letter to them there:



August 2, 1959

Dear Sandra and Richie,

We are very pleased with your letters and glad to hear that you are having such a swell time on your honeymoon . However I am sure that it will not even begin to compare with the enjoyment you will have meeting the family in Israel and seeing the country.

I trust you will not tell my sister how bad I am nor tell her of my faults. But if you find after much thought something good to say about me ---tell her.

How is Richie? Is he behaving? Don't forget to practice your teaching on him as you will have to start in September.

The pictures of the wedding are truly beautiful. When your grandchildren look at the movies they will be very proud of you. Your wedding is still the talk of Boston. That is all the people are talking about.

Everybody is fine here. All are enjoying a very warm dry summer. David and Judie came up for a visit for a few days with Jonathon. He is a very big boy now, walking all over the place.

At the beach Barbara, Buddy, Larry and Michael, Sumner, Sandy, and Ina Sue are getting very brown and enjoying themselves immensely. I cannot give you the name of the newcomer yet but by the time you return we hope there will be another addtion in Sumner's family.

Nancy and Dick are both well , too, and they too, will have an addition by the time you arrive. Think of some good Israeli names for them.

I hope Richie picked up a good deal of help in his Architecture. I hope he will bring me a plan on how to make money.

Do you feel as well as you looked when you left us. You were a really beautiful couple. We miss you very much and are very anxious to see you.

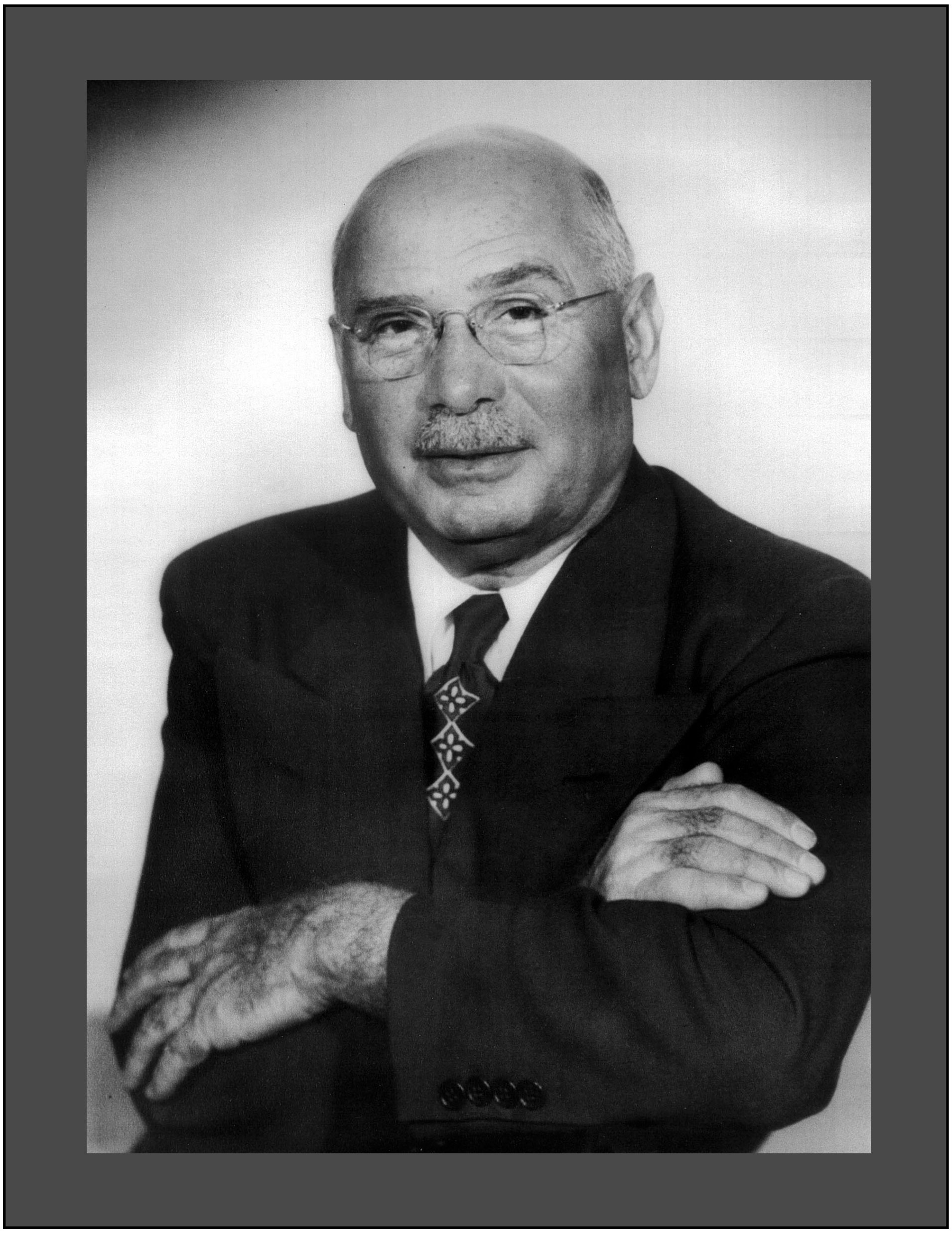
However you can stay as long as you want, so longas it is in Israel. Danny and Irah are wonderful and we are in touch with them all thetime. They are planning to come to see us again soon.

Give special regards to Benny, Zelda, and family, Simon, Miriam, and family, Asher, Ida and family, Rachel, Ruth , and family, and most of all to

Richie, Sandy and Grandpa

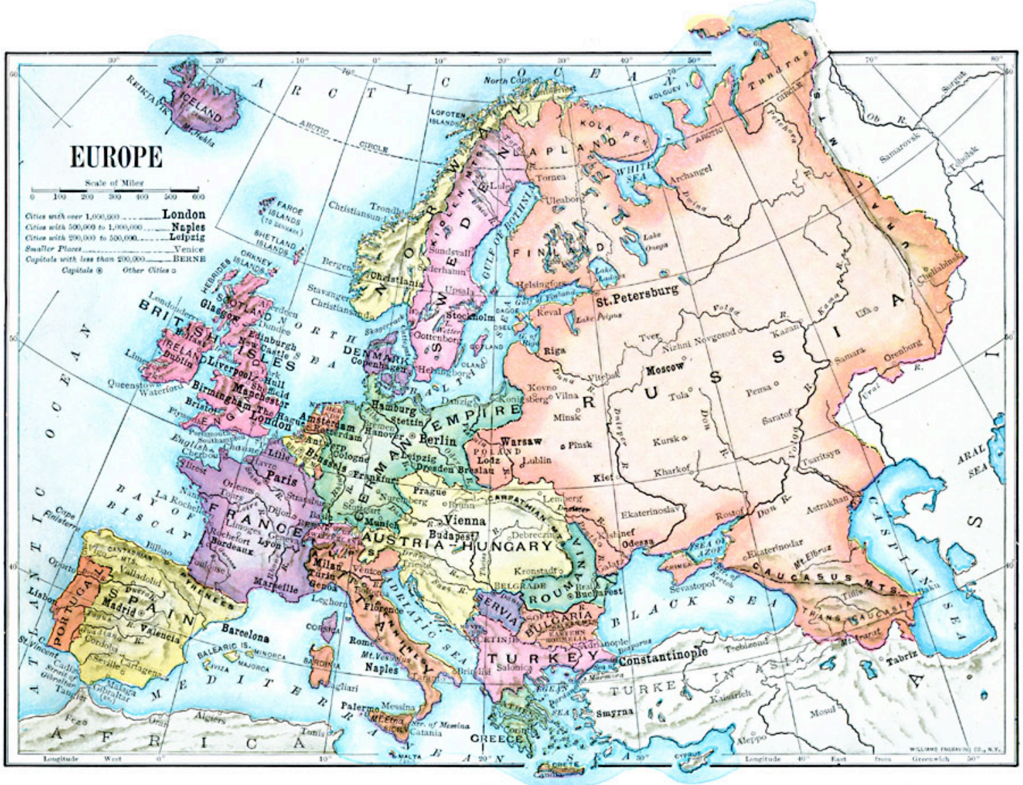
Bubbe and Grandpa entering ceremony

Customarily, an orthodox rabbi only visits his own family for shiva calls. Grandpa was such a close, beloved friend of the revered rabbi that when Grandpa died Rabbi Soloveitchik, honored him by coming to our house to sit shiva. To accommodate the Rabbi we covered mirrors and placed a low stool in the living room on which he could sit, as is traditional among orthodox Jews.

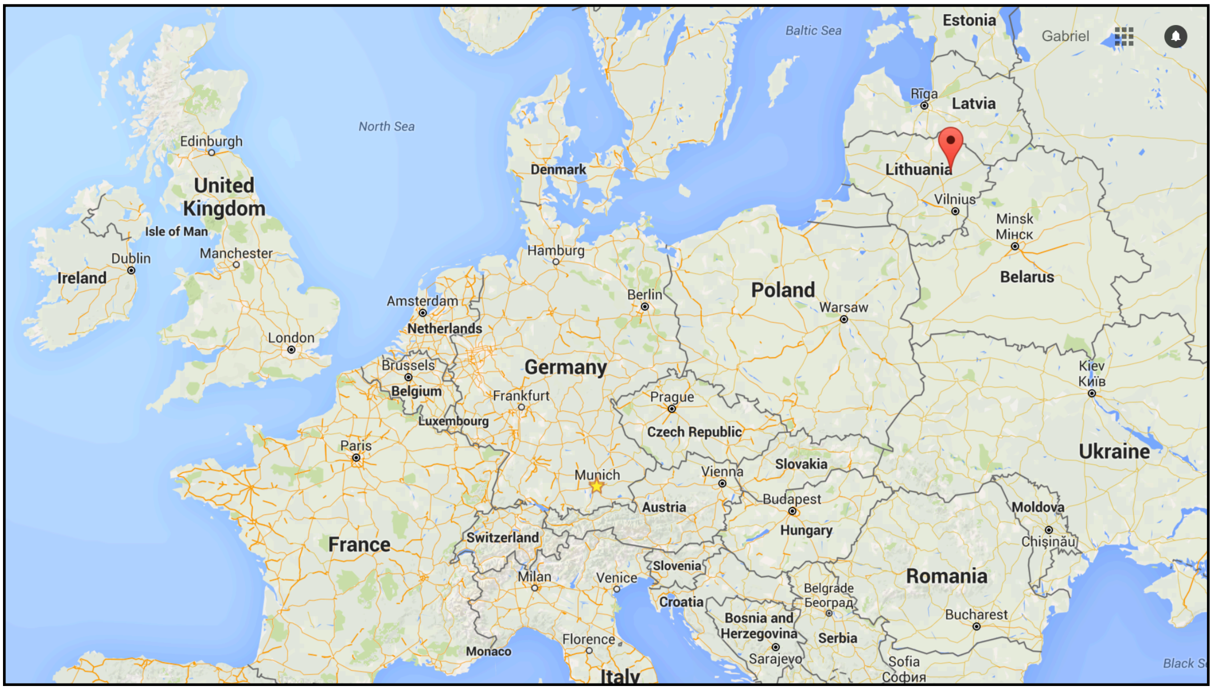


Morris Borkum

March 15, 1886-June 25, 1961



Pre World War 1 map



Contemporary Europe, Aniksht marked with red

Cousin Michael Libenson Remembers:

“Morris' sister, Shayna, married a fellow named Jacob Gross, and he was drafted into the Lithuanian army. Jacob had never seen a gun prior to being inducted into the army. He deserted the army after what was a harrowing experience. While laying flat in a foxhole with a Jew-hating Lithuanian soldier, the latter announced that he was going to dodge the bullets and get some water. Jacob requested that he bring some back to him, too. The man spat and cursed the “stinking Jew.” "Get your own water” he shouted. The jew hater took off amid a hail of bullets. When the shooting subsided, Jacob crawled out of the fox hole to move forward. As he walked on, he saw the Jew hater slumped across the trunk of a tree, dead. In his lap was a pail full of water which he was about to bring back to Jacob. That night Jacob fled the army. Had he been caught and shot, I would not be writing these words today. He was my grandfather.

When World War 1 broke out, the Jews of Aniksht fled to Russia, seeking safety from the oncoming German army. By then, Morris Borkum was already in the United States, working 70 hours a week and sending money back home to his family. Even after the end of the First World War, Morris continued to send money to his sister Shayna.

“Ema” (Miriam) and Michael, Anixt, 1938

My mother Miriam Gross, Morris' niece, left Aniksht in 1935 as an idealistic pioneer going to build Palestine. She was only eighteen at the time, unattached and very courageous. She stayed with Aunt Cherna (Morris’s sister) at first, then worked as a teacher and bookkeeper. She met my father in 1936 and I popped out in 1937. Eli followed six years later. We arrived in the USA in 1947. After a brief stay in New York with relatives, we arrived in Newton to stay with our immediate family for a month in the Ward Street home. I immediately fell in love with your big sister Sandy who mesmerized me with lipstick and fingernail polish....something Israeli girls knew nothing about in those days. From Newton we moved to New York, then back again to Boston, and like nomads, to five or six different addresses. That period is somewhat of a blur because my father was in a sanitarium recovering from tuberculosis and my mother was desperately trying to keep us out of some sort of sheltered housing. These times never really bothered me too much because I was too busy beating up my brother and anyone else who stood in my way. At the age of 16, I took up amateur boxing (I guess that ought to surprise you), but other than providing me with an opportunity to punch out a few other kids, I knew my future would not be in the prize ring.

After high school (I was expelled from one for fighting and graduated from another with grades lower than a snake's underbelly), I began working as an apprentice to a cloth cutter in Boston's garment district. That lasted about three months, and after I realized that my family would never return to Israel, I applied to BU and was accepted "CONDITIONALLY'. Once at BU, my life became more predictable, academic and boring, and so I wound up being a "shrink", teaching at BU and Hebrew College, raising two lovely daughters, Shari, a lawyer living in NH, and Laurie, a Nurse Practitioner in Oregon.

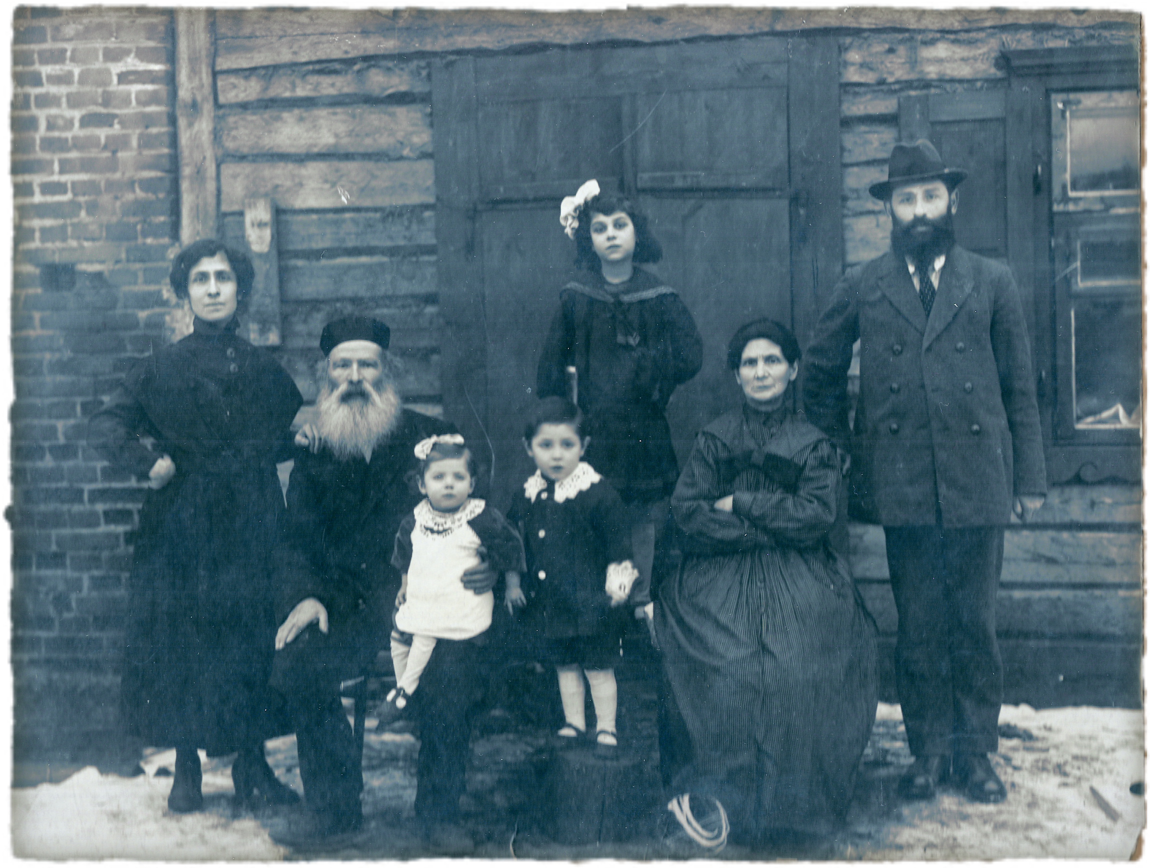
Eli, on the other hand, was, and still is, an idealist. He was always a goodie two shoes in school, graduated at the top of his class in Latin School, magna cum laude from Harvard and at the top of his class at the Jewish Theological Seminary. He was a rabbi for fourteen years in Plainview, New York, and then decided to transport his family to Israel. He still lives there. His son Danny is a graduate of Harvard Law School and a drop out, after three years, of U. Penn's Medical School. Danny is now Head of University of Chicago's Hillel program. Eli's two daughters live in Israel. Rachel is an MD with a family practice and Naomi writes instruction manuals for high tech computer program

When we arrived in Boston, in 1947, our only link to anyone was Uncle Morris and your immediate family. The month I spent in Newton Centre, in your home, back in October of 1947, remains fixed in my memory as a fairy tale odyssey. Imagine, we lived in Palestine in a two room basement apartment. And, almost overnight, we were transported to the palace on Ward Street. I can still visualize the door opening to the red [oriental]carpet hallway which led diagonally to the spiraling staircase up to the second floor. And, I can see you, Ellie, coming down the stairs in your white ice skates, on the way, I imagine to some ice pond in the area. And Paula, under the mass of black curly hair, tagging behind. I didn't speak a word of English, and all I could do at the time to impress you guys was to walk on my hands....sort of like Tom Sawyer trying to impress Becky Thatcher. I accompanied Sandy to the Ward School where because of my language deficit, I was placed in the kindergarden class with a bunch of 5 year olds. The next day, my mother informed me that not every child in my class was Jewish. She drew a cross and told me that the cross was the symbol which the kids who were not Jewish respected. So, the next day, I drew a line down the middle of a sheet of paper, placed a star of David on one end and a cross on the other. I then interrogated all the kids in the class... "you this, you this?" I made them sign under their symbol and spent the next few days trying to understand why they didn't look any different. Well, those are old disjointed memories...and you have given me the opportunity to scratch my brain a bit. I hope it hasn't been too boring.

As for my mother, she loved Uncle Morris...he brought back to her the memories of her childhood, her mother and her family. Your mother, Freda was an angel. She was beautiful, kind and always cheerful. Her warmth permeated the house. Ida, your grandmother, on the other hand, as I recall, was more distant, judgmental and maybe, even jealous. She might have been more appealing as a youngster, but I think that illness and insecurities got the better of her. Your father, Mickey, has always been, for me, a grand gentleman with a good soul. I had a vague sense that he loved your mother and that their relationship was harmonious. Of course, these are the memories of a ten year old who could only fill in the blanks with vision but not with language. So, I may be off base on a lot of this stuff. Nevertheless, these are the memories I carry.

I know very little of the background of (Uncle Morris' father) Eliyahu Shimon Borkum, born in Paslavis, Lithuania in 1864, died in Palestine (Israel), I believe in 1936. He was an enterprising businessman in a small town (Anyksciai), where he owned his own home (listed in the 1924 census of Aniksciai). He was very orthodox and late in his life, he shlepped his wife, Fruma, to die in Palestine. Fruma died the same year. She too was very orthodox,and very attractive. Eliyahu Shimon had piercing blue eyes--my mother often mentioned that. I wish I knew more.

Morris' grandmother became widowed in her early twenties in Aniksht. She had two daughters, Morris' mother and an older sister. The family sent the older sister to America and she wound up in Chelsea MA. So when Morris arrived in 1916, he went to stay with his great aunt whose name and burial place are an unknown mystery in our family. All I know is that he visited her in the Chelsea nursing home up until 1928, when I presume she died. All records of the old Jewish nursing home were destroyed in a fire."



Borkum-Gross Family 1922

Top row: Left: Shayna Borkum Gross **Center, standing on a stool:** Miriam Gross Libenson
Right: Jacob Gross
Bottom row seated, left to right: Eliyahu Shimon Borkum (after whom I am named, Elinore Sue Borkum), Shulamit Gross, (younger sister of Miriam), Eliezer Yehiel Gross, (brother of Miriam), Fruma Borkum

According to Michael:

- Miriam Gross Libenson, born 1914, was about 8 years old in this photo.
- Shayna Borkum Gross (Miriam's mother, Morris's sister); Morris had sent money from the U.S. to rebuild this house which belonged to his sister.
- Eliyahu Shimon (also spelled Eliash Shimel in old records) Borkum (Morris' father), later emigrated to Israel to die and be buried on Mount of Olives. (See photo of Grandpa Morris Borkum and his sister Cherna at the grave site.)
- Fruma Borkum, born 1859, father's name Movsha Levy, wife of Eliyahu, "very religious," buried with her husband at the Mount of Olives.
- Shulamit Gross,1 year old, Miriam's brother, killed by the Nazis.
- Eliezer Yekhiel Gross, Miriam's brother, left Lithuania in 1940 just before the Nazis invaded. Now his whole family lives in Kush Etzion.
- Jacob Gross, Miriam's father.

Cousin Dvora Remembers:

e-mails between Ellie & Dvora

Cousin Dvora (Dvora'le, the go-to person in Israel for family information, according to Danny), gave me a wealth of information about the early years in Palestine.

Dear Ellie,

I received from Danny (Kahneman]a copy of your letter to "everyone" concerning your book about the family.You may find some interest in the following details I do remember:

Cherna was a childless widow and was married to Grandpa in Lithuania.

At the end of 1922, the Shaeinsons arrived at the Jaffa Port in Palestine together with Cherna's parents whom, due to their height, we called "small Grandpa & Grandma" ("Saba Hakatan & Sabta Haketana"). I loved "Sabta Haketana very much. I think that they lived together with Grandpa Shaeinson & Sabta Cherna.

---- From: "Ellie Miller" <esmstarry@gmail.com>
To: "Dvora Ben Porath" <bp.dvora@012.net.il>
Sent: Sunday, 07 November, 2010 10:12 PM

Dear Ellie,

It was nice to hear from you again. Although it took me quite a few days to answer , it is not an imposition at all, and I am happy to be of any value to you. In fact, I miss a lot of information about Cherna, I always thought that Grandma and Grandpa were married in Lithuania before the immigration, anyhow it was never a topic of conversation in our family, as she was my Grandma as well as Elchanan was my Grandpa."

Cherna and other family members left Lithuania to go to Palestine in the autumn of 1922. Cherna married Elchanan Sheinson. [The family later later Hebrewized the name to Ben-Porath.]

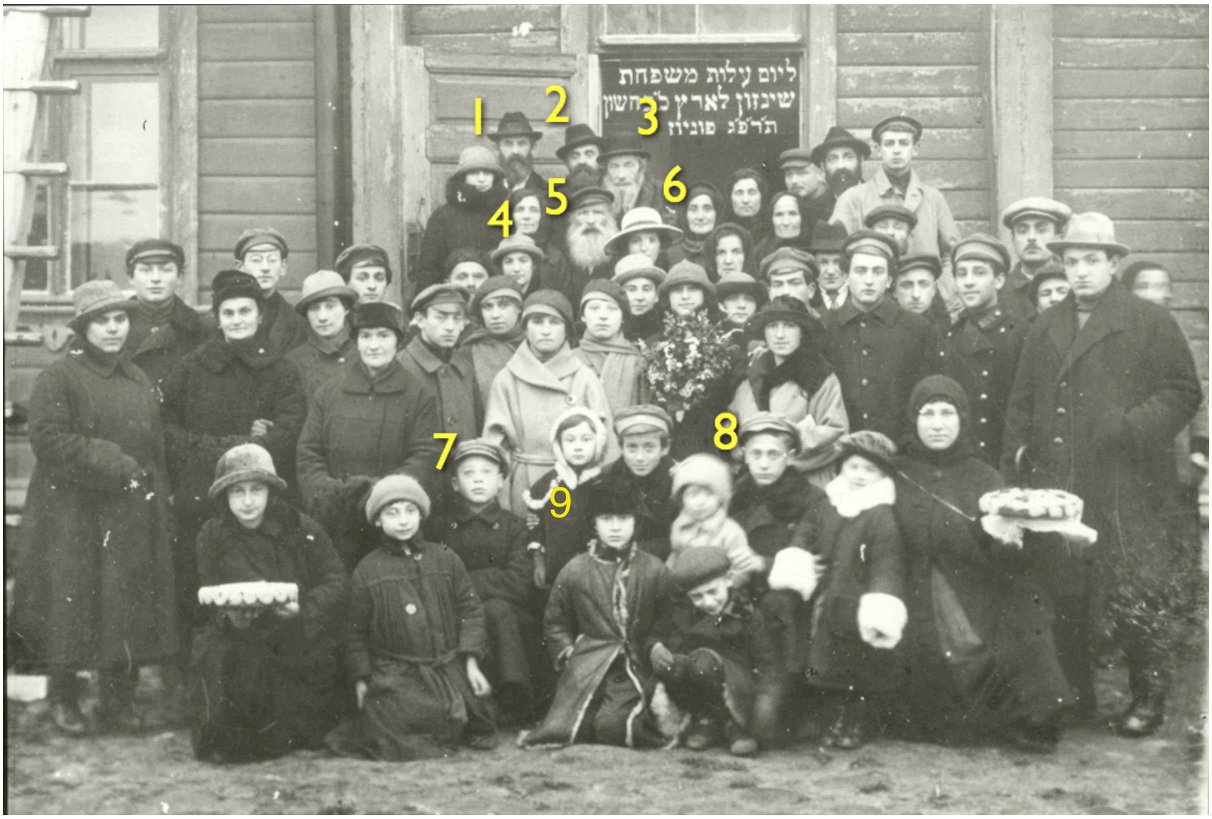
The Hebrew plaque on the train station wall says: " FOR THE DAY OF IMMIGRATION OF THE SHEINSON FAMILY TO 'ERETZ' "(meaning the land of Israel) , "22 OF OF THE SECOND MONTH "(in the year 1683 by the Jewish calendar). When you convert the Hebrew calendar to the Gregorian, you add 240. Since the year in the Hebrew calendar begins in Rosh Hashanah the second month is one month later and is always is the autumn, thus the 1683 Hebrew autumn is still in 1922.

"You may recognize Cherna's Parents in the picture taken at the Ponivez Railway station on the day of their departure in Panevezys on Oct. 13, 1922 to Palestine."

That's all for now, I shall continue later or tomorrow.

Dvora

Sendoff From the Railway Station Ponivez, Lithuania
1922


ליום עלות משפחת
שינזון לארץ כ״ חשון
תר״פג פוניוז
1
2
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The Borkum and Sheinson Families:

1. Grandpa Elchanan [Sheinson] **2**. Eliazer, Elchanan's brother
3. Yisrael, great grandfather **4**. Grandma Cherna
5. Cherna's father (Sabtah Hakatan) [Elizuahu Simon Borkum]
6. Cherna's mother (Sabtha Hakatana) [Fruma Borkum]
7. Asher, my (Dvora) father **8**. Shimon, my uncle **9.** Miriam

Dear Ellie,

***1.** Thanks for your reply & questions regarding the migration route because it prompted me to clarify with Ami the question whether Grandpa went on his own to Palestine, via China, Japan, The Pacific sea, The Suez Canal, and finally Jaffa port, or did someone of the family join him? In spite of the fact that in a family history work presented by some members of the younger generation, where they stated that the family reached Manchuria, we are sure they did not go that far eastwards. I remember Father mentioning to me the cities of Bogorodsk, Vitebsks in Belarue, and Ursha, which is near that town.*

***2.** Yes they fled in refugee trains from the pogroms during the Bolshevik revolution.*

***3.** They returned to Lithuania because Grandpa had to prepare the immigration. He bought a small house in the "young" city (established in 1909). As I mentioned before, he was disconnected from the family for three years, and only on his return he found out about the loss or his mother, wife and oldest daughter, and this brings me to your next question:*

***4.** No, he returned home to try to find his family, and bring them to Palestine.*

***5.** Indeed it is wonderful to have Cherna's parents' certificate. The month is November. Wherever there is an English row under Hebrew words, that is the translation*

Cat D request = סוג
THE NAME (in Hebrew) Borkum Elyah @ his wife Fruma
Borkum Elijosius@ Fruma (in Latin) Name,
Love, Dvora

In reference to Ami's and Danny's comment, true enough, Sabta Cherna never sat down with us at the traditional Friday dinners. However, Grandpa & Sabta Cherna spent 6 weeks every summer at my Parents home in Jerusalem. There, naturally, Sabta was an honored guest at the table. I remember Grandpa coaxing her in Yiddish "Ess Cherna ess, es is a gericht" (which means eat Cherna eat, it is a delight).

On August 1944, while spending the summer with us, Grandpa became ill and after a few days was taken to Hadassah Hospital at Mount Scopus where he passed away. Naturally, Sabta was completely broken from this tragedy and mourned him to her last day, 33 years later. During all these years, she refused to leave their apartment and to move to a new apartment near my father and Uncle Shimon.

My parents used to take Sabta Cherna on their bi-annual leave
(Soukkot & Pessakh). I always shared the room with her and naturally we had a very warm and close relationship.

I hope this reply is not too late, and is of some help to you.
Best regards and good luck with your book.

Dvorah"

Dear Dvora,

The more I find out, the less I know!
Two brothers married women with the last name of Harris. Were they sisters?
(Another interesting story, I bet.)
Also, I'm embarrassed that I don't know for sure which is your father, Benjamin or Asher?
Love,
Ellie

"Dear Ellie,

No wonder that you get mixed up with so many details about people that you don't know. Benjamin was Ami's Father, my father was Asher. Zelda & Ida were born in Jersey City, New Jersey. Yes, they were sisters, Zelda was Ami's mother, Ida was mine.
Love,
Dvorah"

Sheinson (Ben-Porath) Family Tree

Israel Sheinson *married* Tehilla
child: Elchanan
Elchanan's *married* Chaya Sheinson
children: Benjamin, Rachel, Shimon, Asher.
Benjamin *married* Zelda Harris
children: Ami, Devorah
Shimon *married* Miriam Zakay
children: Razi, Yoram
Rachel *married* Efrayim Kahneman
children: Ruth, Daniel
Asher *married* Ida Harris
child: Devorah

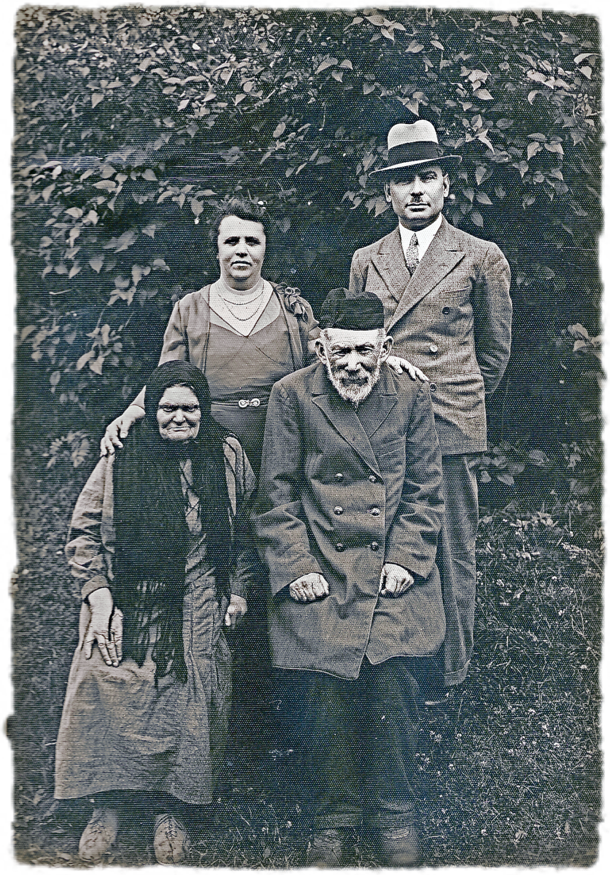
In the Old Country:

Visit Back to Aniksht, Lithuania

1933

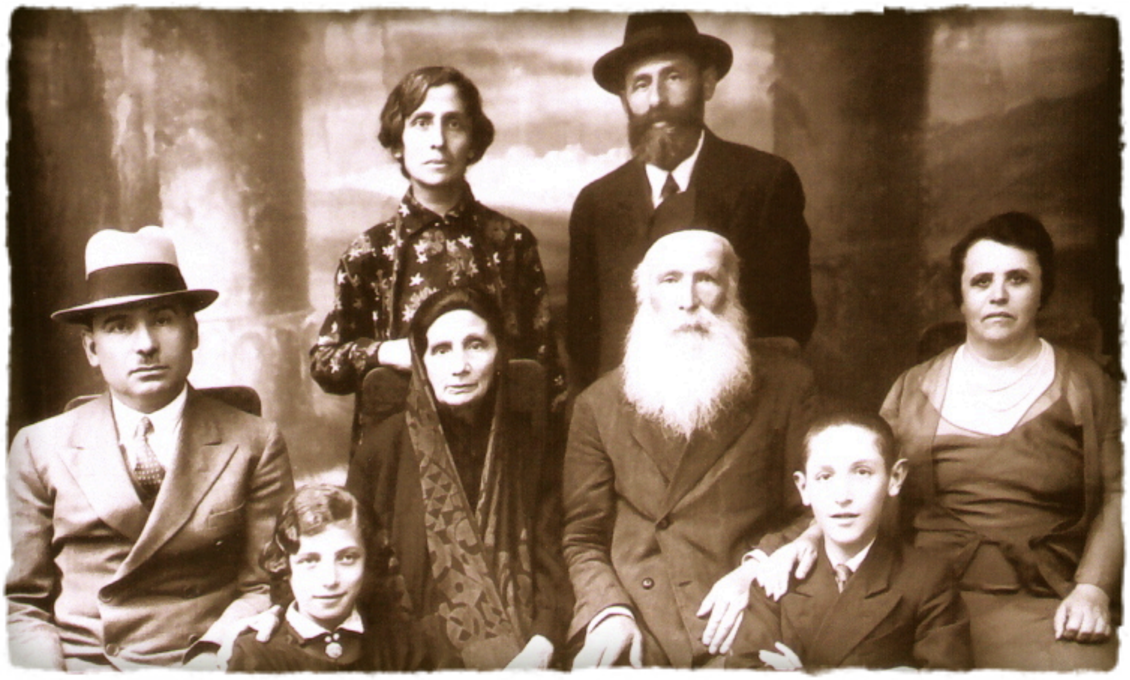
Uncle Dub and Aunt Ann, newly married, went to Paris for their honeymoon in the summer of 1933. At the same time Nanny and Grandpa went to Lithuania to visit their parents. After their respective visits to Paris and Lithuania, they had planned to convene in Palestine. Uncle Dub sent Grandpa a telegram that said, “Don’t come, they’re taking Jews off the trains.” Sadly, Grandpa did not see his sister Cherna from whom he had been separated for so many years.

Visit to Grandma’s Parents



Nanny’s parents Margolis seated with Nanny and Grandpa standing behind them, looking every bit like new world success. Nanny’s parents may look ancient but their lives were hard and they were probably in their sixties. My great grandmother was unable to gain entry to the United States because of an eye problem.

Visit to Grandpa's Parents



Captions and information as told to me by cousin Michael Libenson:

Standing, back row:
Michael's grandparents Shayna (sister of Morris) and her husband Jacob Gross. both murdered by the Nazis in the summer of 1941.

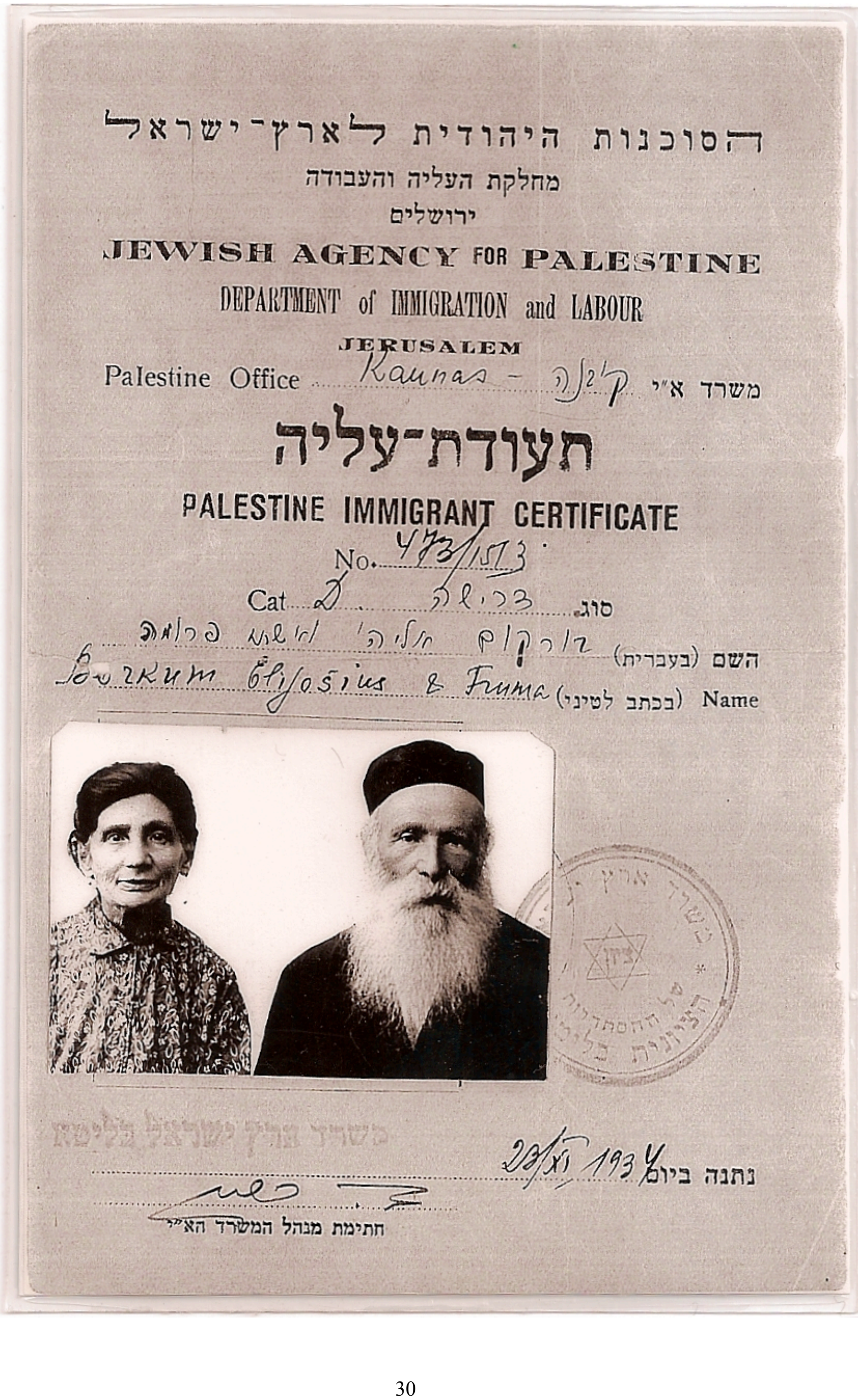
Seated, left to right in front row:
Morris Borkum, Shulamit Gross (younger sister of my mother Miriam, raped and murdered at age 18 by Lithuanian Nazi collaborators, witnessed by my friend Max Curtis in the summer of 1941.

Fruma and Eliyahu Shimon Borkum, immigrated to Palestine 1934.

Eliezer Yehiel Gross (brother of my mother) *emigrated to Palestine in1939 just before the Nazis invaded, lived all his years in Kibbutz Yavneh, married Leah, a Holocaust survivor, had three daughters, all of whom are married, live in the west bank at Rosh Tzurim, Kush Etzion] Israel, and have 16 children among them. Eliezer died about 15 years ago.*

Far right: Ida Margolis Borkum.

Great Grandsparents
Eliyahu (Elyosius) Shimon & Fruma
Immigration Certificate
to Israel, 1934



הסוכנות היהודית לארץ־ישראל
מחלקת העליה והעבודה
ירושלים
JEWISH AGENCY FOR PALESTINE
DEPARTMENT of IMMIGRATION and LABOUR
JERUSALEM

Palestine Office Kaunas - קובנה משרד א"י

תעודת־עליה

PALESTINE IMMIGRANT CERTIFICATE

No. 473/1573

Cat D. ברישה סוג

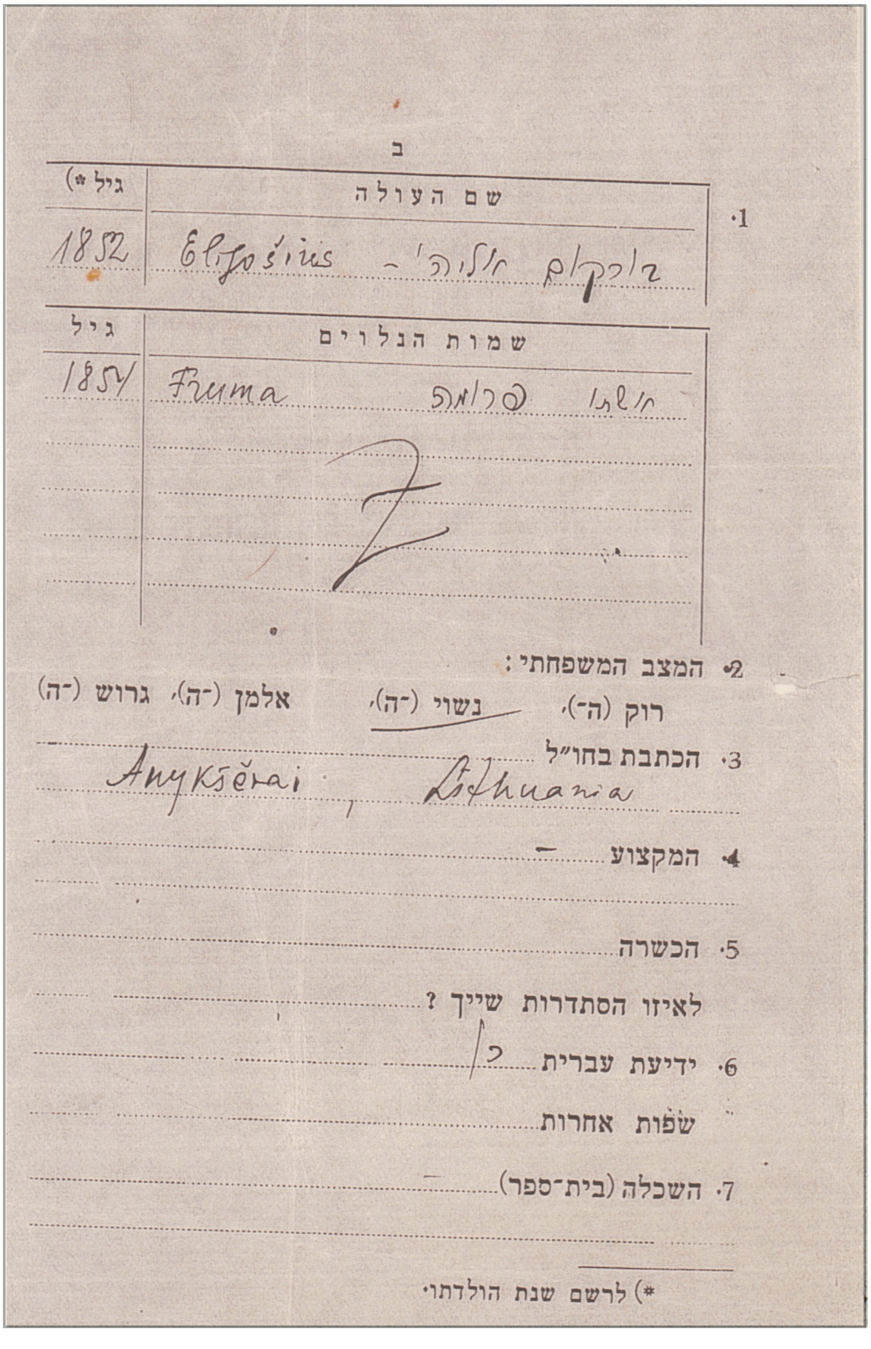
השם (בעברית) בורקום אליהו ואשתו פרומה

Name (בכתב לטיני) Borkum Elyosius & Fruma

משרד ארץ ישראל בליטא

נתנה ביום 23/XI 1934

חתימת מנהל המשרד הא"י



ב

1.

שם העולה	גיל *)
בורקום אליהו - Elijošius	1852
שמות הנלוים	גיל
אשתו פרומה Fruma	1854

2. המצב המשפחתי:
רוק (ה־), [✓ נשוי (־ה),] אלמן (־ה), גרוש (־ה)

3. הכתבת בחו״ל Anykšĕrai, Lithuania

4. המקצוע —

5. הכשרה

לאיזו הסתדרות שייך ?

6. ידיעת עברית כן

שפות אחרות

7. השכלה (בית־ספר) —

---

*) לרשם שנת הולדתו.

Back of Immigration Certificate

Finally, Reunion in Israel 1960

It had been over fifty years since Grandpa and his sister Cherna had last seen each other in Lithuania. In the summer of 1960 Grandpa travelled to Israel for a long-awaited reunion. I was on a student trip that summer to Greece, France, Italy, Switzerland...and Israel! When I arrived at Lod airport (now Ben Gurion International) there was Grandpa, standing on the roof of the one-story, one room terminal (things were a lot different in those days -- no security) with his beaming smile, wildly waving his arms at me. What a reception I had! We went to Aunt Miriam's open, airy apartment in Tel Aviv that night for dinner where I met more wonderful Israeli family. Cousin Yoram was there, too. How alike our noses looked!

Golda Meir, Israel's Foreign Minister, (later Prime Minister), and Grandpa

Grandpa and Cherna at their parents' grave, Mount of Olives

Ben Gurion, Israel's Prime Minister, and Grandpa (young boy unknown)

A Few Details Collected by Danny and Ami

"Here are random ramblings, from Ami and from me. I copy this whole confused thing to my cousin Dvorah'le, who is generally considered the expert on Sheinson family history. I hope she can tell you more.

Love, Danny"

"Elhanan Sheinson was an importer as well as a religious scholar. His first wife died in 1920 of typhus. He had three sons and two daughters, one of whom died at the same time as her mother (the other one was my mother). He then married Cherna, most likely in Lithuania, and they immigrated to Palestine.

Ami Ben Porath

Elhanan set up an importing business, at first his elder Benjamin (Ami's father) directed it. Later, the two brothers joined and for many years the three brothers worked together while Elhanan focused on good deeds. In particular he was devoted to an orphanage that he supported and led. He was there every day, knew each of the orphans and was highly protective of them. When he heard that his wards were beaten by their teacher at school, he intervened and threatened to beat up the teacher and have him fired.

Ami remembers a lot of detail about the complex business arrangements – but the most striking aspect of the story is how much family dominated business. Our grandfather was little involved in daily affairs--he was focused on his charities–but he had free access to the pooled resources, and the three brothers were very generous to each other (their wives, of course, were somewhat more adversarial–especially Miriam and Zelda. Zelda and Ida (Asher's wife and Devorahle's mother) were sisters. The suffix "leh" was added to their daughter's name and has stuck to this day--I believe it was to distinguish her from Ami's sister, who is also named Devorah.

Danny Kahneman

(Danny) came to Israel to be born, in 1934. My mother had close ties with her family there. So close, in fact, that my sister Ruth lived for four years with my grandfather and with Cherna, who loved her very much. Ruth returned to France in 1934, when I did. A few years later we came back for a visit, which has left some lifelong memories. Two of them were about what I (as a three-year-old) perceived as acts of grave injustice. On one occasion I was sleeping in the same room as Yoram, who was then an infant. I woke up and saw the glistening rays of dust coming through the slits of the shutter. I tried to grab one of the rays in my hand and failed, but the ray led me to Yoram's eye, where I tried to capture it, with predictable results. He howled bloody murder and nobody had much sympathy for my point of view. Another memory concerns some wild play with my cousins in my grandfather's home, in which we started to throw toys from the second-floor window at passers-by. My memories could be slightly unreliable here. I was very excited, probably more so than the others, but I felt completely safe because Ami was an active participant and he was three years older. Imagine my shock when Ami's father came into the room, sized up the situation, came directly to me and slapped me. It took me years to get over this…

My main impression of the family when we came back to Israel in 1946 was the immense respect in which everyone had held my grandfather, and the respect and affection they all showed Cherna. There was a Friday lunch every week in which the three brothers participated, obviously a ritual that they had kept from the time of my grandfather's life. Cherna would invariably make her inimitable chopped liver and ply everyone with glasses of rather pale tea. She was sweet, quiet and infinitely giving. One of her peculiarities was that she never ate at the meal. In fact, no one had ever seen Cherna eat, I believe, although she probably did.

The tradition of communal family responsibility was applied to my mother when we came. My father had died in April of 1944, a few months before my grandfather died. The family got the news but kept it from him. I remember that my mother felt that if he had known he would have written a will to protect her interests. But in fact no will was needed. Her brothers took care of all her needs and she lived comfortably on income they provided until her death in 1990. So it was then.

When we came to Israel I lived for a few months in Jerusalem with Ida, Asher and Dvorah'le, to whom I am sending this—and I have many fond memories of that very intense period in my life, and of how much I loved the family I had discovered."

Danny and Sandy

...and According to Ittai

"The Sheinsons came from Lithuania (I think) in the '20s. [1922.] They lived in a small village there but had a big lumber business, and Elahan Sheinsons and his four sons and daughter came together. Miriam's family came from Kiev in Ukraine, also some time in the '20's after traveling throughout Europe.

Miriam was my dad's mother, married to Shimon. She was the CFO for the Jewish women's organization WIZO, and she is the one who stayed with you. Her parents were Shalom and Yona Zacai. (Shimon asked to Uncle Dub and Aunt Ann to watch over Netta and Yoram while they were studying here.)

The other Miriam Ben-Porath was an Israeli Supreme Court Justice and later Comptroller of Israel, and she in fact was a first cousin of my grand-father Shimon .Her father was a brother of Elchanan (we don't remember who). She was named Ben-Porath after marrying a poet and taking on the name that way."

Ami and Miriam Ben Porath,
the "other" Miriam Ben-Porath

Miriam and Shimon Ben-Porath
at Netta and Yoram's wedding

According to Ellie

Ami, son of Benjamin (Binyamin) came to study law at Harvard. Ultra orthodox when he arrived, he would walk from Cambridge to Newton on Shabbat to visit us. Who knew that years later his favorite food would be lobster!

Ami has a strong sense of social justice. He loves people. He loves classical music. He loves to laugh. And I love him! We have a close relationship with Ami, who always makes time for a visit to Boston to to see us on his many trips to the States. He is the family patriarch. We keep in close touch.

Danny Kahneman, son of Rachel and Efrayim, came to the US in 1958. A renown psychologist, Danny won the Nobel Prize in 2002 in Economics for his important insights in cognitive psychology. He was awarded the Presidential Medal of Freedom from President Obama in 2015, and wrote a huge best seller *Thinking Fast and Slow*. We are especially happy when he joins us for Passover.

Yoram, son of Shimon and Miriam, and younger brother of Razzi,came to Cambridge the first time from 1962 to1967 with his wife Netta, where he earned his PHD in Economics at Harvard. He studied in Chicago, too. Ittai, born April 1968, was with them for their two year stint in 1971 to 1972. I remember him careening around the yard of their Somerville apartment, a little menace, on a toy bike. Orry was born during that trip in August, 1971. Then came Ronnie in January 1976, in Israel. Even if Yoram was in California he would find a way to visit us before returning home.

Netta and Ellie, Swampscott

Netta, is very dear to me. When we're in Israel she puts us up, (and puts *up* with us), shleps us around, and prepares wonderful food.

Ittai lived in Cambridge working on his Post Doc at MIT. He is now a professor in the Department of Medicine at Hebrew University University. He and Aya have three girls--Yaara, Niva and Gali.

Orry had a crackerjack internet business, then joined Simon Perez's staff as his deputy assistant, received a fellowship to study at Harvard's Wexner program at the Kennedy school, returned to Israel as senior advisor to the President, and now works for a large construction and real estate firm where he is in charge of policy regarding green and sustainable development. He is much loved by Kiva and Rayna, who call him "Oreo". Orry recently married Shlomit.

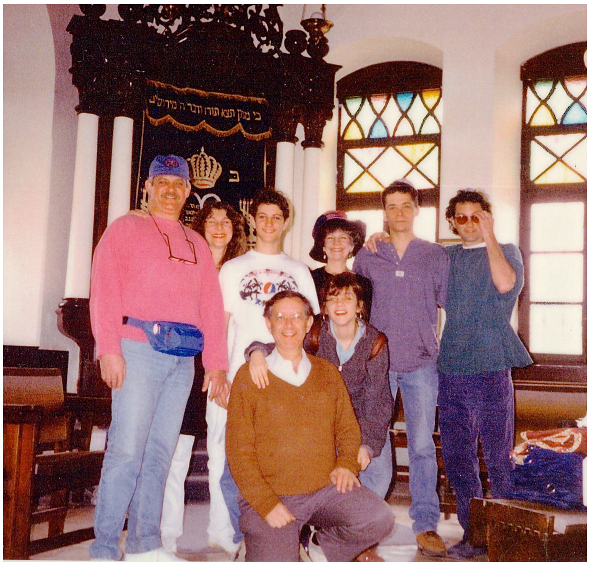
Ronni visited when in the US on a trip, too. She is married to Uri, has her PhD in Economics, and has two children, Yuval and Itamar.

Jamie, Joshua, Freddy, Orry, Rayna, Kiva Netta, Louisa

Gabriel's Bar Mitzvah

Yamin Moshe, 1984

We went to Israel in March 1984, for Gabriel's bar mitzvah! Our amazing Israeli family arranged for a gala dinner in lovely restaurant overlooking the glorious city of Jerusalem on Friday evening, and for the Saturday service in the old Sephardic shul in Yamin Moshe.



Standing: Freddy, Ellie, Gabriel, Sandy, Orry, Joshua
Front: Richie, Louisa in the old Sephardic shul.

Gabriel, Louisa and Joshua (maybe--who can tell?) out of the mud baths at the Dead Sea.

Ittai’s Love Story

Wedding in Tel Aviv, May 2007

Ittai married Aya. In is in itself an amazing story. In Ittai’s own words:

“Aya and myself: after may years as a bachelor – for good and for bad--I was trying to meet Israeli women in NYC. I starting chatting online and then by phone with Aya, and we hit it right off the bat, even before meeting in person. When we met it was love at first sight, and as our fourth date we took off to Mexico for a week... Also helped that Aya and I discovered we are related: Ami is Aya’s uncle through marriage to Rachel, Aya’s dad’s older sister. So Rachel was very happy that for the second time a Yanay woman has changed her name to Ben-Porath. And Aya was smitten by the fact that she met a man who can make Kneidel’s like Grandma Miriam made them (or “Aunt Miriam” as she was called in Ami’s family). So the Kneidel recipe was the common theme in both families. Not to forget how wonderful it was that the whole Bertman/Miller clan came all the way to Israel for our wedding! Yara was born October 2008.”

The little coincidences sprinkled throughout our interwoven lives always amaze me. For example, when Ami visited NYC for Ittai and Aya's engagement party in New Jersey, I was in New York City, knew he was, too, and called him up to rendezvous. Gadi Janay, Rachel's brother and both siblings of Aya’s father Eli, happened to live directly across 88th Street from my friend Susan Beckerman, with whom we were staying, and by complete chance Ami and I, who usually converse from opposite sides of the world, found ourselves phoning one another from across the street! Gadi and family were having a big breakfast party after the engagement fête in New Jersey. So we crossed the street and met the rest of theYanay mishpucha. Then we celebrated their wedding in Israel, too.

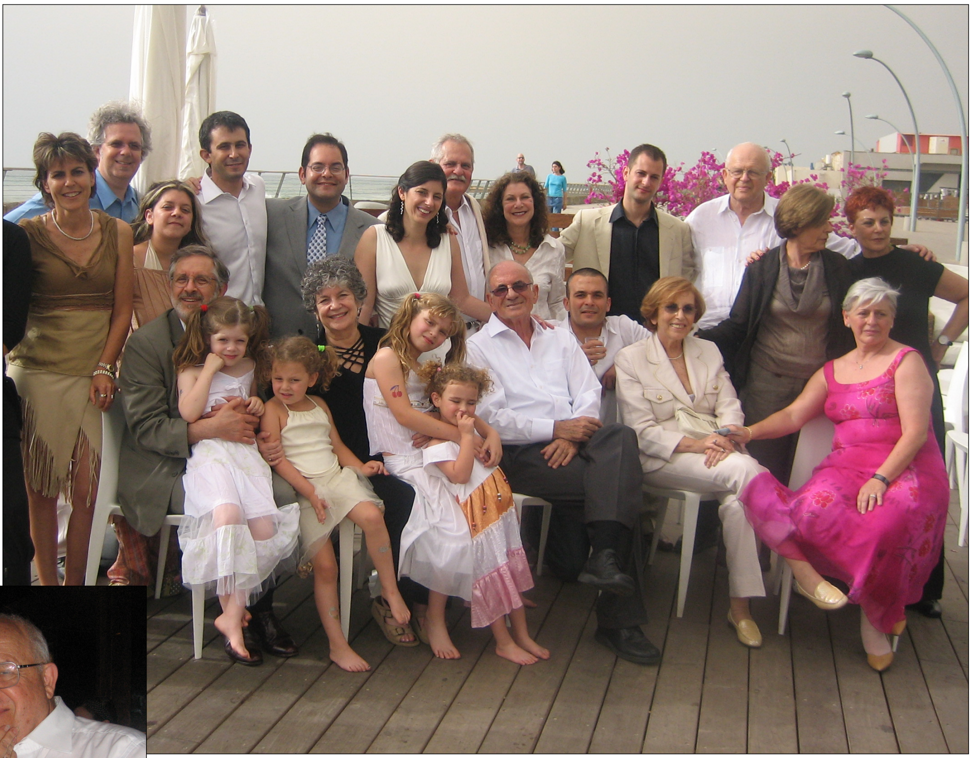
Sipping wine under the chuppa held aloft by Orry on the right, Netta looking on lovingly.

Kiva, Aya, Rayna

Above: after first wedding, Cambridge, MA
Richie, Sandy Aya, Netta, Jamie,Ittai

Below: then, again, in Tel Aviv

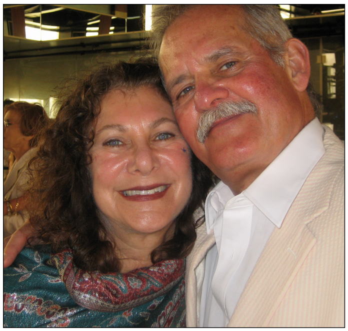
Kiva



Back: Tami, Jamie, Ittai, David, Aya, Freddy, Elllie, Gabriel, Ami, Netta, Michel
Front: Richie, Kiva, Rayna, Sandy, Hagar & Gili Sivan (friends of Kiva and Rayna from pre-school), Razzi, Orry, Menucha, Rachel, on Tel Aviv beach deck. (Ami's father built that Tel Aviv sea wall in the back, way back when.)

Sandy and Ami

Ami and Miriam



Ellie and Freddy

Razzi

David, Louisa, Gabriel, Richie on steps in the old city of Jerusalem

Back row: Netta, David, Marlene, Sandy, Richie, Ronit,Yair,Gadi- Jamie, Freddy, Gabriel
Front row: Ittai, Aya, Louisa, Ellie, Rachel, at entrance to newly-opened caves under the old wall at the Mount of the Rock.

When Ellie met Freddy

… more coincidences

Joshua and I were living in Coral Gables, Florida and came back to Newton so we could visit our family and I could teach a summer course in macramé at The Cambridge Center for Adult Education. Looking for buttons and doodads to use in the knotting craft, my father sent Sandy and me to see cousin Phil at his factory in Lynn, where he was likely to have those kind of things. He did, and then sent us on to see cousin Freddy who had a clothing business in downtown Boston on Kneeland Street.

Off we went. We opened the door to find a factory humming with hippies cutting and stitching leather hot pants with fringe…a welcome oasis from the wing-tipped shoes and suits of conservative Boston. I also found an adorable guy with a huge afro. We talked and talked, and by the time Sandy and I were leaving, Freddy and I had dinner plans. Not romantic--we just liked each other. When I got home, though, Freddy called…he was living with a woman at the time, and when he thought about it he realized it would likely not be a good idea for us to go out.

Joshua and Ellie, Truro, Cape Cod

Ultimately I was offered a full-time job as Publicity Director at the Cambridge Center. After having explored Florida–archeological digs, studying Spanish, palmistry, astrology, antique shops, Cuban food, and single men, it was time to move back. Sandy and Richie were living in the big house in Newton and my father generously created an apartment for Joshua and me there.

Freddy showed up at a farewell party I was hosting. I remember flitting around this cute guy, hoping to ‘get lucky.’ By then he had a lot less volume in his hair and I didn’t recognize him as the hippy I’d met one summer on Kneeland Street. But once again I was totally drawn to him. He had subsequently married the woman he’d been living with, was in the process of a divorce, and not in a particularly festive, receptive mood. I flitted off for greener pastures.

Then one day in May, he appeared again. He was looking for his size four “fit model” who just happened to live next door and was visiting me. Her daughters directed him to my house to find her. As they say, the third time is the charm. We looked at each other, saw stars, fell arm in arm over the side of the sofa, and the rest is history.

Three times we were drawn to each other; twice times circumstances kept us apart. Now we were like two magnets that wouldn’t be separated. Not that we didn’t try. One night a week we planned to be apart so we could do laundry, etc. But we would end up talking on the phone the whole evening. Being apart was futile, together was fated; he moved in and we have been living happily ever after.

Early in our relationship we were telling each other about our respective lives. When I told Freddy we were in the house in which I had grown up and that my father was in the shoe business, he blanched. Nearly catatonic, he stammered "I… I… I know who you are...you're M-M-Mickey Borkum's daughter!" Phillips, Phillips" I thought, … Sally Phillips' son? Freddy's father was in the Findings business, a shoe-related industry. Amazingly, I recognized the name Phillips from childhood because my father's cousin Monty Froomer was in business with Phil! Monty, it turns out, was Sally Froomer Phillips' brother, making Sally, Freddy's mother, my father's first cousin and Freddy and I second cousins!

Sally was ecstatic to have Joshua as an instant grandson. When we went to Sally and Phil's for a Rosh Hashanah dinner out came the chicken soup *mit* feet. I hadn't had chicken soup prepared that way since my Nanny Borkum had made it on Ward Street many years before! But of course...Freddy's grandmother Goldie and my Grandmother Ida were sisters. Of course they would cook alike.

Sally, like Cherna in our Israeli connection, never sat with us at the table. She just stood behind her husband Phil, watched us, and beamed.

Several happy years passed. We shared the Newton house and extravagant Sunday morning breakfasts with Sandy, Richie, and their kids Jonathan, David and Louisa. Joshua attended the John Ward School with his cousins. We took camping trips in our van.

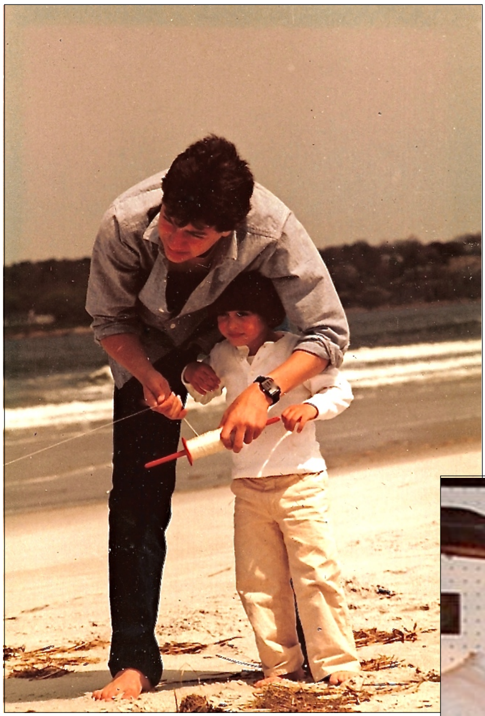
After heavy lobbying by Joshua and Freddy, we were having a baby. It was then, when I told my conservative father I was pregnant, that I knew …and said in the same breath, "and we're getting married." Freddy, Joshua and I made it it official in the yard in Newton, after which Sandy and Richie took us out for a celebratory dinner in Boston.

Wanting our own house, we searched Newton, Brookline and Cambridge. Since Freddy was working in Lynn we looked on the North Shore as well since a short commute for him might compensate for moving away from the Bertmans and the city. One particular dilapidated historic house in Swampscott had a fire place in the kitchen, drop-dead ocean views, a large deck, and a yard begging for a vegetable garden. After much renovation, the house on Greenwood Avenue in Swampscott became our happy home.

Now the family has grown and much has happened since I began writing this memoir. So in the interest of finishing this story "before"it's too late," I leave continuing our family *his*tory and *her*story to you, my dear next generations.

Freddy and Ellie
at Ami and Rachel's home

Epilogue:
Life in Swampscott



Joshua teaching Gabriel to fly a kite,
Nahant Beach

Joshua's graduation,
U Mass.,1992

And now,
let's eat!

Time to Eat!

Thoughts on Food

Vintage noisemakers for a Purim party

Food brings people together. Every culture convenes and communicates over food, be it elegant dining in a château or sitting on a blanket in a field. Meals are a time to relax, reconnect and refresh.

Through foods one learns about and appreciates different cultures and customs. Breaking bread in every society has a special, even spiritual, quality. Platters are presented to delight the eyes as well as the stomach. Herbs are added to enhance tastes and aromas. Bowls for beverages are passed for communal sipping, or glasses are clinked with wishes for health and happiness. It is every host's hope that diners leave with a sense of fulfillment and wellbeing.

I love food: reading about it, shopping for it, preparing it, eating it and writing about it. When I go into the kitchen and begin to cook I get a rush of adrenaline. Cooking is a creative experience that can be intense, fun, relaxing and satisfying. If you use good ingredients, common sense, sixth sense and love, what you prepare will be lovely.

As much as possible, I use foods that are fresh, natural, organic, local, seasonal and unprocessed. Traditional recipes can be made healthier by substituting ingredients. Low or no-fat dairy products substituted for full-fat products, rice and almond milk for regular milk, oil for butter, and egg whites without yolks all give good results without sacrificing taste. Broiling and baking instead of frying use practically no extra oil. Whole-wheat and whole-grains enrich whatever is being baked and supply more nutrition than grains that have been refined.

Measurements:

Often there are no specific quantities called for in the recipes in this book. Please see this as liberating. Imagine what you want the finished product to taste like... and go for it! If you don't have a particular ingredient called for in a recipe, improvise. Here's the good part--if you are using the kinds of foods mentioned above, whatever the result, it will most likely be excellent. Maybe not what you expected, but nutritious and delicious nonetheless. Be creative. Add what you like, leave out what you don't. And experiment. If it doesn't turn out the way you expect, it just might turn out to be better. Most of all, have a great time in the kitchen.

Since this is the way it was in Home Economics (yes, we really did have classes in Junior High School that included cooking) I have found that using these abbreviations make for fewer mix-ups:

tsp. = *Teaspoon*
Tbsp. = *Tablespoon*

Poaching:

For especially tender chicken breasts or fish, poach slowly and gently in a bath of water-based stock to which you can add a bit of wine, lemon juice, parsley, and with fish, dill.

The white residue that accumulates on the top of the pan is protein. It indicates that your fish or chicken is done. To be sure not to overcook, poach chicken until it just loses its pink center and fish until it is no longer translucent in the middle. Then remove from water immediately.

A foolish consistency is the hobgoblin of little minds. -- Ralph Waldo Emerson

Facts About Fats

What you might like to know but didn't ask:

The essential fatty acids that fats contain are truly essential. Essential fatty acids are contained mostly in polyunsaturated oils. They are involved in metabolic bodily processes including brain function, hormones, intra-cellular messages, glands, immune system, cell walls, and digestion.

The difference between a fat and an oil is temperature; a fat is a lipid that is solid at room temperature while an oil is one that is liquid at room temperature. Change the temperature, and convert an oil into a fat, or vice versa.

What About Hydrogenation?

Hydrogenation is the process of heating an oil and passing hydrogen bubbles through it. The fatty acids in the oil then acquire some of the hydrogen, which makes the oil dense and saturated. If you fully hydrogenate, you create a solid fat from the oil. If you stop part way you get a semi-solid, partially hydrogenated oil such as margarine. Trans fats form in monoglycerides, diglycerides, and triglicerides, which are often disguised in manufactured foods as 'emulsifiers'.

Unlike butter or virgin coconut oil, hydrogenated oils contain high levels of trans fats which are otherwise normal fatty acids that have been "transmogrified" by high-heat processing. Trans fats interfere with the metabolic processes of life by taking the place of a natural substance that performs a critical function. Consumers of saturated fats have little choice but to become fat because saturated fats contain only small quantities of the polyunsaturated fats that contain the essential fatty acids you need. The key to being thin is to consume foods containing polyunsaturated oils, such as those found in fish, olives, nuts and egg yolks. Over the long term, these foods control your sense of hunger in a positive way.

Oils

Olive oil can be used in most recipes to substitute for butter, which is high in animal (and thus saturated) fat, although not hydrogenated fat. I never use margarine because it is hydrogenated. Nut oils are especially good in salads. A few drops of toasted sesame oil go far to make a salad, or any dish for that matter, extra delicious. Canola is a healthy oil and good for baking, too. When high heat is needed, peanut and rapeseed oil, unlike olive oil, will hold up. So will coconut oil, although the jury is still out on its nutritional aspects.

Asian Embellishments:

__Gomasio__ is sesame seed and salt seasoning. Place white sesame seeds in a skillet and toast over a medium heat, stirring constantly. Not kidding about the stirring--if you turn your back on them, they burn very quickly. Stir until most of the seeds are golden brown. Transfer seeds to a bowl to prevent them from cooking further. Add a few tablespoons of the seeds to a surabachi (you could use a mortar and pestle, but a surabachi is grooved and so works more efficiently), add a generous amount of coarse salt, and grind until you just break up the seeds and integrate them with the salt. Transfer to a container and refrigerate. Gomasio, as with all seeds, will become rancid if left in a cupboard too long.

You could add very small pieces of toasted nori (seaweed) to this basic recipe. It is wonderful when used as a condiment sprinkled on top of rice, noodle soup, lightly steamed asparagus, and even pizza.

One ½ cup of sesame seeds contains over three times the calcium of a comparable amount of whole or skim milk. Some studies show that sesamin, a lignan found only in sesame seeds, has a remarkable antioxidant effect that can inhibit the absorption of cholesterol and the production of cholesterol in the liver. The seeds are also rich in Vitamin A, E and protein.

__Tamari__ is a naturally brewed premium class of soy sauce that can be found in organic, wheat-free or low salt varieties.

__Umami__ -- うま味－is a taste perception proposed by the Japanese in 1908 that one experiences not only with tamari but with other foods as well, including fish sauce, shrimp paste, mushrooms, sea vegetables, and aged meats and cheeses. Along with our tongues' tastebud receptors for sweet, salty, sour, and bitter, we have receptors for what is "savory," and umami is that savory fifth taste.

__Umeboshi Plum__ is a traditional, naturally processed, fermented, pickled umi fruit (actually a species of apricot) used throughout Japan, China and Korea for its incredible health-promoting properties. Extremely sour and salty, umami is valued as a digestive aid to cure everything from constipation, to colds, to hangovers.

__Garlic__ enhances just about everything that's not sweet. It is a powerful antibiotic containing a phytonutrient called allicin, which fights germs naturally. Chop it and let it sit for five to ten minutes before cooking to give the allicin time to activate.

Morning Meals

Morning Meditation:

"As I curve back within myself and manifest different forms, I realize that I am not in the universe but the universe is in me; I am not in this body, this body is in me; I am not in this mind, this mind is in me. And as I curve back within myself, I create the experience of mind, of body, of the universe and all these infinite realms. That's enlightenment: to know that the entire universe is a projection of my own being and that I create within myself the texture and fabric of all that exists." *– The Bhagavad Gita*

Info on Eggs

You can't judge an egg by its color. While concerning pasta, flour, and bread, brown is typically best, not necessarily so with eggs. Brown eggs and white eggs are nutritionally the same with about 70 calories, six grams of protein, and a generous helping of B vitamins. White-feathered chickens lay white eggs. Brown-feathered chickens lay brown eggs. Brown eggs cost more than white eggs because they cost more to produce since brown chickens are larger than white, and therefore eat more food, thus costing farmers more to raise them.

Eggs stay freshest in the refrigerator when kept in their carton.

Freshness can be tested by placing eggs in a large bowl of cold water. If an uncooked egg sinks and lays on its side, it's fresh. If it floats, don't use it.

Eggs are best cooked when first allowed to come to room temperature.

Egg whites whip into more volume when at room temperature.

Soak your egg shells in water for a day and you can use that water on your plants to intensify their color.

When baking, an acceptable egg substitute is one tablespoon of ground almond meal or flax seeds whipped with two tablespoons of water, but don't replace more than two eggs in a recipe.

No matter what method you use, eggs should be cooked gently and slowly.

"Can't even boil an egg?" See "Egg Salad" in Soups and Salads chapter.

Overcooking hard boiled eggs causes the iron in the yolk and the sulfur in the white to combine, and this is what makes the strange greenish color around the yolk. Not so attractive but fine to eat.

And lastly… a hard boiled egg in the morning is "hard to beat."
(yuk-yuk/yolk-yolk)

My favorite old and low-tech egg beater is also perfect for emulsifying oil and mustard in salad dressing right in the measuring cup or jar.

Surprise Egg

A favorite of our kids, Daddy's Surprise Egg "tops" the list.

Ingredients:

Eggs

Sliced bread, one piece for each egg

Oil or butter to grease pan

Method:

- ★ Place a piece of bread on a cutting board and press a drinking glass or biscuit cutter firmly in its center to cut through. This will leave the bread with a circular hole in the middle, plus the circular piece you've cut.–the top!
- ★ When oil or butter heated in a cast iron frying pan is hot, add the bread to the pan and, to its side, the circle from the center of the bread which will become "the top."
- ★ Crack an egg and gently drop it in the hole in the center of the bread.
- ★ The bread will get crispy and the egg will cook.
- ★ You can flip it if you like, before or after adding the egg, to toast both sides. The circular piece is toasting in the pan at the same time.
- ★ When done, place the toasted bread and egg unit on a plate and put the crispy circle on atop of the egg. Voila--there's a surprise under that "hat."

Every day choose to be happy.

Scrambled Tofu

A stand-in for scrambled eggs--tasty and healthy.

Ingredients:

1 block of firm tofu

1 cup favorite vegetables, fresh or left-overs.

1 Tbsp. tamari

Spices--chose from all or a few of the following: curry powder, or a combination of cumin, turmeric, garlic powder, salt, pepper.

Fresh chopped parsley and/or cilantro, basil, dill

Method:

- ★ Drain tofu by slicing it in quarters lengthwise. Place the tofu pieces at the end of a clean dish wrap tofu using the whole towel.
- ★ Let sit so towel absorbs the water in the tofu while you prepare the rest of the ingredients.
- ★ Chop any vegetables you like and have on hand: mushrooms, onions, red and green peppers, celery, broccoli, asparagus etc., and lightly sauté them in frying pan.
- ★ Sauté spices in pan for a minute or two to bring out their flavor.
- ★ Crumble tofu slices into the vegetables and spices, and cook until tofu is hot.
- ★ Splash in some tamari for umami taste. Umami, a savory taste, is one of the five basic tastes along with sweet, sour, bitter, and salty.

Curry powder
is a blend that often includes coriander, turmeric, cumin, fenugreek and red pepper. Sometimes ginger, garlic, asofoetida, fennel seed, cinnamon, caraway, clove, mustard, cardamom, and black pepper are added. In India each family has its own recipe

Turmeric
is an orange root that looks like ginger and adds an earthy taste and attractive color.

Fluffy French Toast

The absolute best French Toast is from sliced challah, though literally any old bread will work.

Ingredients:

Challah or stale bread, thickly sliced

2 to 4 eggs, or enough to saturate the bread

A splash of soy, nut, or regular milk

½ tsp. vanilla

Butter or oil for sautéing

Topping of syrups, cinnamon and sugar, or fresh fruit

Method:

- ★ Lightly beat eggs with vanilla and milk.
- ★ Soak slices of bread in egg mixture. If the bread is quite hard, soak until soft, or soak overnight covered with plastic wrap in the refrigerator; it will be light and fluffy and ready to cook in the morning.
- ★ Heat oil in frying pan--cast iron is great for this. When oil is hot, place in soaked bread. Cook on one side until golden brown. Turn to other side until golden brown, too.
- ★ Serve with cinnamon and sugar, maple syrup, agave, or fresh fruit topping.
- ★ Powdered sugar sprinkled over all makes it as pretty as it is delicious.

Pancakes

On mornings when you crave pancakes, making your own batter is easy.

Ingredients:

I cup whole wheat flour

⅔ cup all purpose unbleached flour

I cup cornmeal

½ cup buttermilk,* almond milk, milk or water

I to 2 eggs (optional)

3 tsp. baking powder

½ tsp. of salt

½ cup sugar or sweetener(optional)

2 Tbsp. oil

Method:

- ★ Combine all ingredients, adding just enough liquid to have batter the consistency of yogurt.
- ★ Stir gently and stop before the little lumps are incorporated.
- ★ Add blueberries, bananas, or any chopped fruit you wish.
- ★ Place batter by the tablespoon full on hot, greased griddle. Cook until bubbly and a little dry around the edges; flip pancakes and cook on other side until lightly brown.
- ★ Serve with with fruit and maple syrup or agave.

**No buttermilk?*
A tablespoon of vinegar added to a cup of dairy, soy or almond milk can replace buttermilk in most recipes.

Happiness grows in direct proportion to acceptance and in inverse proportion to expectation.

Quick Nutritious Breakfast/ Snack

Possibly world's fastest --

Ingredients:

Any of the following:

Whole wheat toasted bread

Brown rice crackers

Pita

Whole wheat matzah

Method:

- ★ Top with nutritious spread like almond butter, peanut butter, hummis, low fat cheese, or avocado.

"It is our choices, Harry, that show us what we truly are, far more than our abilities" *– Dumbledore in Harry Potter*

Egg Muffins

On a spectacular September morning our Shabbat group had a get-together at the Smullins'. Alex served these muffins and everyone wanted the recipe.

Ingredients:

4 Tbsp. (half a stick butter, or) oil

½ cup breadcrumbs

8 large eggs

1 cup ricotta cheese

½ tsp. salt

½ cup scallions, white and green parts, chopped

Freshly ground pepper

Additionally, chopped red or green pepper or halved cherry tomatoes can be added.

Method:

- ★ Preheat oven to 350°. Generously spray the bottoms and sides of a 2½ inch diameter muffin tin. (Non-stick is the best.)
- ★ Place 1½ tsp. butter into each cup. Place the pans in preheated oven for a minute or two to melt butter. If using oil, place in oven just to warm.
- ★ Place breadcrumbs in the tins, dividing evenly.
- ★ Combine the eggs, ricotta, and salt until smooth. A blender is great for this.
- ★ Stir in the scallions and generous amount of black ground pepper.
- ★ Pour egg mixture into the prepared cups, filling right to top.
- ★ Sprinkle top of each little "muffin" with parmesan cheese.
- ★ Bake 10 minutes or until tops are puffy, golden, and just barely firm to the touch.
- ★ Remove tins from oven and let cool. Muffins will deflate a bit. Run a knife around each one, invert to cooling rack.
- ★ Serve hot, warm, or at room temperature.

> *"No one can make you feel inferior without your consent."* — *Eleanor Roosevelt*

Appetizers

Ring the bells that still can ring
Forget your perfect offering
There is a crack in everything
That's how the light gets in.
–Leonard Cohen

Appetizer Hints

How many appetizers to prepare? Plan on 4 to 6 appetizers per person if a meal is to quickly follow. If a late meal is planned, allow 6 to 8 appetizers per person. If no meal, 8 to10 pieces per person.

If your guests are milling about, finger food, which can be picked up piece by piece and isn't too messy, is easier than having plates and forks and knives and wine glasses to juggle all at once.

Cheeses are tastiest at room temperature. Have fun creating a still life worthy of a Flemish painting by surrounding a variety of cheeses with grapes, strawberries, cut up fruits, and flowers.

Spritz (wine plus sparkling water) and cheese time at Gabriel and Lisa's in Munich

Alcohol does not solve any problems, but then again, neither does milk!

Vegetarian Chicken Liver

This is soooo good that you won't believe it's not the real thing. Honestly!

Ingredients:

3 to 4 large onions
4 hard boiled eggs
1 cup walnuts
1 can of well drained peas*
Peanut butter
1 to 2 Tbl. tamari (organic soy sauce)
Salt and pepper to taste

*Cooked string beans or cooked lentils can be substituted for canned peas

Method:

★ Slice the onions and sauté them in a heavy pan until ***very*** well browned.

★ While onions are cooking, place hard boiled eggs, peas and walnuts in a food processor and chop, using the off and on switch.

★ Add salt, pepper, a splash of tamari, a tablespoon or two of peanut butter, and the well browned onions to processor. Blend until the texture is a coarse pâté.

★ Adjust seasonings to taste.

★ Serve with bread, crackers, celery sticks or other crudités.

★ A scoop on lettuce with sliced tomatoes makes you feel like you're in your grandma's kitchen.

It's said if you chop onions while running cold water or chewing gum, your eyes won't tear from them. My niece Louisa's method -- ski mask!

Can you tell the difference?

Mushroom Rollups

These could be the most delicious appetizers you will ever eat if you make them like my mother did. She prepared them when company was coming--they were special. Sorry, as with Bubbie Bread (see Muffins and Sweetbreads), no specific quantities. Go by gestalt.

Ingredients:

Soft sliced bread, white or whole wheat, crusts removed (Save crusts for future breadcrumbs or croutons)

Filling:

½ pound mushrooms and stems, chopped fine

One onion, chopped fine

Package of cream cheese

Salt, pepper and garlic powder

Healthier version:

whole wheat bread, low fat cream cheese or seasoned tofu, oil instead of butter

Method:

- ★ Using a rolling pin and a bread board, flatten each slice of bread until it is quite thin. Stack each slice as you go, covering with saran wrap or a dish towel to prevent bread from drying out.
- ★ In heavy pan on stove top, sauté mushrooms and onions in butter or oil until nicely browned, and turn off stove top.
- ★ Add cream cheese to the pan. The cream cheese will soften from the heat of the pan, making mixing easy.
- ★ Add salt, pepper, and garlic powder to taste to mixture.
- ★ To roll up, place a piece of the flattened bread on a board. Place a teaspoonful or two of cream cheese-mushroom mixture on edge bread and spread it evenly along that edge.
- ★ Roll from the edge with filling to the empty edge making a roll about 3/4 inch in diameter. When at the farther edge, seal roll with a little beaten egg to hold it together.
- ★ Place each log-shaped piece on a tray, seam side down. Continue filling and rolling until you have used up bread and filling.
- ★ Wrap securely in saran wrap and/or tinfoil and refrigerate or freeze.
- ★ Once cold, thus firm, the rollups are easily cut with a sharp knife into 3 to 4 inch pick-up size pieces.
- ★ Brush tops of rollups with melted butter.
- ★ Place on lightly oiled baking sheet in oven and bake at 350° for 10 to 15 minutes or until toasted on top. Watch them carefully, as they they brown quickly and burn easily.

We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses.
--Abraham Lincoln

Nasturtium & Goat Cheese Rollups

Right from the garden. I grow nasturtium every summer because they are beautiful to look at and delicious to eat. The peppery leaves are perfect wrappers for goat cheese.

Ingredients:

Nasturtium leaves

Goat cheese

Method:

- ★ Choose two dozen beautiful leaves an inch across or wider. Snip stems completely off at base of leaves.
- ★ A small amount of goat cheese goes in the center, and the leaf is folded or rolled so as to enclosed the filling.
- ★ Arrange finished appetizers seam side down on a plate and add a few nasturtium flowers for decoration.

Seeds start to form on the plant in late summer and through the fall. If you collect them when they dry you can plant them the following spring and continue the process year after year.

"Roll Your Own" in the spicy leaves. The flowers as well as the leaves are edible. Beautiful and zippy in a salad.

James' Amazing Nuts

James Ricks mother Judith sent over this treat during the holidays one year.James dubbed them "James' Nuts--Good for a Nibble." (!) Now I give them as gifts, too.

Ingredients:

1 pound nuts: pecan or walnuts, or a mix of both, and/or almonds

2 cups sugar

2 egg whites beaten stiff

2 ounces butter

Dash of salt

Method:

★ Toast nuts at 300° to 325° in a low-sided cookie sheet until light brown. Check frequently and stir once or twice. Pecans burn easily so plan on only 5 to 8 minutes for browning. (Other nuts require a few minutes more.) Be careful not to overcook. Remove toasted nuts to a bowl.

★ Melt butter in the still-warm pan you used for toasting the nuts; the butter will melt quickly and you'll have only one pan to wash.

★ Fold sugar and salt into stiffly beaten egg whites.

★ Fold in nuts.

★ Spread coated nuts over melted butter in pan, and stir.

★ Back to the oven again to bake at 300° to 325° for about 30 minutes, stirring every ten minutes until no butter remains in pan.

★ Let cool and store in a tin.

★ Try not to eat them all at once.

Main Events

There is no path to happiness; happiness is the path. – *Gautama Buddha*

Roast Chicken

The first time Joshua was roasting a chicken on his own, he called me to ask how long to cook it.
I am ashamed to say that I answered brashly, and now infamously, "cook it 'till it's done!"

Ingredients:

Begin with the freshest (organic) chicken you can find

olive oil

garlic

onions, carrots, celery, peppers, parsnips and/or potatoes

lemon

salt, pepper, and your favorite herbs

***It is traditional** to put a trussed chicken breast-up in the pan. Since the dark meat is at the back, a school of thought is to roast the bird breast down so that the juices and fat from the dark meat go into the breast meat and make it moist. You can turn the chicken breast side up near the end of roasting to crisp the skin.*

Method:

★ Take a minute to think of and give thanks for this gift.

★ Preheat oven to 450°.

★ Clean the cavity by pulling off all fat and any spongy stuff.

★ Rinse chicken under cold water inside and out (don't soak), and pat dry.

★ Tie legs together with twine.

★ Rub olive oil and sprinkle salt over all.

★ An onion or lemon in the cavity adds flavor.

★ Place the clean chicken in a shallow baking dish.

★ Add any or all of the vegetables listed in the ingredient list, cut up.

★ Add several whole garlic cloves to the pan.

★ A small amount of water or wine adds moisture and flavor.

★ Place pan in hot, preheated oven and reduce heat to 350°.

★ Cover wing tips with foil to prevent them from burning.

★ If the chicken is browning too quickly, loosely tent it with tinfoil. Loosely is the operative word here, because with a roast you don't want steam if you want a crispy skin.

★ As I rudely told Joshua, "cook it 'till it's done."

★ Let chicken rest for 10 to15 minutes. Move to platter. Scrape down pan with a little wine or water and use the juice-au-natural as desired.

Organically raised, cage-free chickens
aren't fed anything that has been treated with antibiotics or pesticides. It is illegal to feed any poultry antibiotics. Free range organic chickens hopefully run around happily outside where they have the most natural life, pecking the ground and eating a variety of insects and seeds, along with healthy grains supplied by the farmer.

Chicken, continued

When It's Done?

Actually, you do need to use your senses to know when it's done. Overcooking will dry poultry out. Undercooking is dangerous to your health. The rule of thumb is 20 minutes per pound for a big bird like a turkey, slightly less for a smaller one like a chicken.

Other ways to test: a meat thermometer inserted into the thickest part of the thigh will read 175°, the breast 160°.

Also, a fork inserted into the breast meat will release juices that run clear, and the leg joint will move easily in it's socket, though by that time it is usually overdone. To make it even trickier, the dark meat of the thigh and leg take longer to cook than the white meat of the breast, and the breast meat will get dry if even slightly overcooked. What's a person to do? "Cook it 'till it's done!"

Forgiveness is a gift you give yourself.

Potted or Baked Chicken

★ Pray, give thanks, and clean bird as with a roast chicken. Use chicken whole or cut into pieces.

★ Preheat oven to 400°.

★ Put chicken, cut up onions, carrots, turnips, celery and potatoes in baking container. Season with salt, pepper, garlic, and a bay leaf. Use chicken broth, wine, water, or any combination thereof to make a stock in which to bake.

★ Check to see when vegetables and chicken are tender. Cook it 'till it''s done!

Jus au Natural & Gravy

★ Once the chicken and any vegetables are on a platter, place the roasting pan on the stove top.

★ Turn the burner to low and add a little boiling water.

★ Scrape the crispy tidbits that are stuck to the pan, along with juices. Salt, pepper, chopped parsley, tamari, wine and a little Worcestershire sauce can all be added, alone or combined.

★ For gravy, mix a little corn starch or flour in cold water until there are no lumps, then add to the pan, stirring quickly and constantly. A wire whisk is good for this.

Chicken chorus line, market in Thailand

Chicken Marbella

Almost everyone at one time makes this dish because, according to the Silver Palate Cookbook and those who eat it, Chicken Marbella is simply a spectacular party dish. This is how the Silver Palate does it. You do not have to stick to this exact recipe (I use black olives, less sugar). It will be delicious with your own interpretation, too.

This recipe serves 10 to 12. But if you make it for just 2, still make half what the larger recipe calls for because you will definitely want to have leftovers to eat again the next day.

Ingredients:

4 chickens, 2½ pounds each, quartered

1 head of garlic, peeled and finely chopped

¼ cup dried oregano

Coarse salt, to taste

Freshly ground black pepper, to taste

½ cup red wine vinegar

½ cup olive oil

1 cup dried pitted prunes

½ cup pitted spanish green olives

½ cup capers and a little bit of the juice

6 bay leaves

1 cup brown sugar

1 cup white wine

¼ cup Italian parsley or coriander leaves, finely chopped

Method:

- ★ Combine all ingredients except the wine, sugar and chopped parsley or cilantro, in a large stainless steel or glass (i.e., non-reactive) bowl, and let marinate in the refrigerator overnight.
- ★ Moistness and flavor improve even more over a few days of refrigeration.
- ★ Arrange chicken in a single layer in one or two large, shallow baking pans.
- ★ Pour marinade over all evenly. Sprinkle chicken with brown sugar and pour the wine around all.
- ★ Bake 50 minutes to one hour, basting frequently with pan juices.
- ★ Chicken is done when thigh pieces, pricked with a fork at their thickest part, yield clear yellow or or barely pink juice.
- ★ With a slotted spoon place chicken, prunes, olives and capers on a platter. Moisten with some of the pan juice, and sprinkle all with the chopped green herbs.
- ★ Remaining pan juice can be passed around in a sauce pot.
- ★ Serving with rice, which absorbs the juices, is a very fine accompaniment.

Apricot Chicken

No family cookbook--and for a long time, no family meal--could be complete without Aunt Sandy's infamous Apricot Chicken. It was served over and over until it became a source of amazement, then amusement! The kids said it was because she couldn't cook anything else. Not true. And no matter what, it was always delicious.

Just for the record, we suspected that Aunt Sandy liked any old wine. Also not true. She is truly a connoisseur. We once did a blind taste test and she identified every single wine according to it's place of origin, category and quality.

Ingredients:

Chicken, cut up

Apricot jam

Dried fruits

Salt, pepper, garlic

Wine

Method:

★ Put chicken in a pan with enough room between pieces so they all brown.

★ Add apricot jam, garlic or garlic powder, and--of course--a generous amount of wine. (This is Aunt Sandy, after all.)

★ Also into the pot go various and sundry condiments previously forgotten in the recesses of of the refrigerator, which all get new-found respect:: duck sauce from South Pacific, old dried fruits, the last spoon of jam in the jar, the left over salad dressing.

★ Bake, broil or roast; any way you like. The skin will get crispy from the sweet ingredients.

★Serve with a salad and fresh vegetables, and of course, more wine.

American Gothic *–**Sandy and Richie Bertman***
While heating up a pot of soup Richie decided to work on his sculpture. He got lost in his work and didn't remember the soup until the fire engines roared up to 159 Ward. The kitchen was ablaze! The soup was cooked. So was the kitchen. The firemen were tossing Richie's sculptures out the windows as quickly as they could, and, in the thickest of Boston accents one was heard to yell, "be careful guys, that's not junk, that's aahat"!
P.S. They built a new kitchen.

Mimi's* Egg Salad

The grandchildren called my mother Mimi, and the name stuck. I use it in all her recipes.

Sprinkle with chopped parsley or paprika.
Great as a sandwich or with greens.
I love it with anchovies.

Ingredients:

4 to 6 hard boiled eggs, chopped

Diced celery and/or diced green pepper

Chopped parsley

Sweet mixed pickles, chopped small

Tablespoon or two of the pickle juice

1 Tbsp. low fat mayonnaise or non-fat yogurt, or more if you like it creamy

Salt, pepper, cumin, turmeric, and curry

Method:

Can't (even) Boil an Egg? It's not so "hard!"

- ★ Place eggs in pan with enough cold water to cover.
- ★ Gently heat water to an easy boil.
- ★ Turn off the heat and let the eggs sit in the hot water for 12 to 15 minutes.
- ★ While eggs are still warm, remove the shells by cracking them against the side of the sink or counter.
- ★ Peel from the wide end towards the pointed end. Once cracked, if put under cool water, the shells come off easily.
- ★ Let eggs cool.
- ★ Chop eggs and add other chopped ingredients.
- ★ Mix in mayonnaise or yogurt to achieve texture you like.
- ★ Start with a tablespoon of pickle juice; add more according to taste.
- ★ And…that's it!

To tell if an egg is boiled or not,
spin it on the table. If it spins, it's been cooked. If uncooked, the liquids inside throw it off balance and it will wobble.

Mimi's Chicken Salad

Back in the 1950's women generally didn't work outside the house, and in elementary school we children went home for lunch on Mondays, Wednesday,s and Fridays, where our mothers were expected to be waiting to give us lunch.Then we went back to school from 1:30 to 3:00. Tuesdays and Thursdays were "long days" when we didn't have a lunch break but were dismissed at 1:30, presumably to go home and eat. My mother had a canasta group that met once a week, and when it was at our house, she often served this delicious and refreshing chicken salad, which I happily got to eat on canasta days, too.

Ingredients:

Chicken breasts

Celery

Bib lettuce

Pineapple rounds

Toasted slivered almonds

Method:

- ★ Poach chicken breasts in gently simmering seasoned water, until just barely done.
- ★ Allow to cool, and cut into small squarish pieces.
- ★ Chop 2 or 3 stalks of celery, mix into chicken with (low fat) mayonnaise, salt and pepper to taste.
- ★ Arrange a few leaves of bib lettuce on each plate, then two canned pineapple rounds in the center of the lettuce.
- ★ Mound the chicken salad on the pineapple rounds.
- ★ Generously sprinkle top of chicken salad with toasted sliced almonds.

Toasted Almonds (and other nuts):

- ★ Add nuts to a heated pan.You may wish to pour in a small amount of oil and stir to coat. Watch constantly, stir frequently, and be careful--they can burn in a minute. When lightly browned, remove from heat, sprinkle with a bit of salt, and toss again.
- ★ When cool, place in an airtight container, and refrigerate. Toasted almonds are delicious on all kinds of salads, string beans and vegetables, cheeses, and desserts.

Riches and power are but gifts of blind fate, whereas goodness is the result of one's own merit.
-- Heloise of Abelard

Ferko's Fabulous Fish

Janie and Ferko Lakatos made this incredibly crispy and tasty fish for dinner one summer evening. It was so delicious that we asked Ferko to show us how he did it. The next week he came bearing fish and pan to cook it at our house so we could learn to do it on our own. Janie aptly gave this dish its name.

Ingredients:

2 packages of small, whole frozen fish such as mackerel, smelts or herring--the idea is to have small fish that have a high oil content so they can bake long enough that the skin becomes as crispy as if it had been fried,yet the fish stays moist

Olive oil

2 to 3 lemons or limes

3 cloves garlic

Salt, pepper and herbs of choice

Method:

★ Turn fish upside down. Using a sharp knife, cut from mouth through gills down center to the tail. Remove and discard intestines and gills. (Usually Ferko catches his own. Mine come from the market already cleaned).

★ Rinse fish well, inside and out.

★ Put small amount of oil in bottom of a heavy baking pan large enough so that fish are in one layer only.

★ Turn fish over in pan so each is coated with a light amount of oil.

★ Squeeze juice of lemons or limes over all.

★ Sprinkle chopped garlic, salt, pepper and herbs to taste.

★ Place in hot oven, 400°. Convection is best so the heat will be as dry as possible.

★ Bake loosely covered with tinfoil for about 20 minutes. Remove foil and continue baking, checking every so often, until the skin is magnificently crisp.

Fish Veracruz

Dinner at Alan Feldman and Carol Seitcheck's house is a scrumptious event. We especially loved this tasty, spicy dish that Carol modified from La Valerosa Restaurant and I modified from Carol.

Ingredients:

½ pound fish filet per person

Fish Marinade:

3 Tbsp. fresh lime juice

1½ tsp. dried crushed oregano

¾ cup pimento-stuffed green olives, cut in half if large

3 Tbsp. capers

¼ cup olive oil

salt and pepper

Tomato Sauce:

To ¼ cup olive oil add:

1 large chopped white onion

4 smashed cloves of garlic

2 plus pounds chopped tomatoes, (canned diced tomatoes, drained, will work)

3 dried bay leaves

1½ tsp. crushed dried oregano (I use dried marjoram because it grows abundantly in my garden and I've come to prefer it)

2 sprigs each: fresh thyme and marjoram, or 1 tsp. each, dried, and salt to taste

4 oz. mild green chili peppers (Old El Paso is good)

Simmer all together for 2 to 2½ hours. Stir occasionally. It will be thick. Set aside.

Method:

- Prepare tomato sauce in advance by adding all ingredients in left hand column.
- Place fish filets in large, non-reactive bowl, add bay leaves, and pour marinade over all.
- Cover and marinate about 1 hour in refrigerator.
- Preheat oven to 350°.
- Pour some of the tomato sauce in a large baking dish. Remove fillets from marinade and place on sauce. Cover fish with rest of the sauce.
- Fish will take about 15 minutes to cook. Bast occasionally with the tomato sauce. Do not overcook.

To Serve:

Place fillets on a platter and cover with remaining sauce, which has been warmed. Any extra sauce can be served on the side, accompanied with rice.

Serves 4 people. Double everything in recipe if serving 8, etc.

Freddy's Famous Salmon Croquettes

A family favorite, and a specialty from Freddy.
Can you say "Freddy's Famous Salmon Croquettes are our family favorite" five times fast?

Ingredients:

2 cans of wild salmon

Oil of choice

Small onion

Boiled potatoes, celery, green and/or red peppers, fresh or frozen peas, mushrooms

Garlic powder to taste

Salt and pepper to taste

1 egg or 2 eggs slightly beaten

Method:

- ★ Drain salmon juice from cans. Use all the skin and bones in the can as they are soft and loaded with calcium. Mash all together.
- ★ Chop all vegetables into a small dice.
- ★ Add chopped vegetables, eggs, and seasoning to salmon in the bowl and mix.
- ★ Wet your hands to prevent sticking. Form mixture into patties. Place patties on a plate until ready to cook.

To Sauté:

- ★ Heat oil in frying pan and gently slide one croquette at a time from spatula into pan.
- ★ When nicely browned on one side, carefully turn over to brown the other side.

To Oven Bake:

- ★ Place croquettes on a cookie sheet lined with oiled tinfoil.
- ★ Bake at 400° for 10 minutes.For croquettes crispy on top, broil for the last couple of minutes. If you try to turn them over they will likely fall apart.
- ★ Serve with Pick-a-Pepper sauce, peas and boiled potatoes (if they aren't part of the croquettes), and a fresh salad.

Wonderful Wild Salmon

My recipe won a first prize in the national Ikea "Together We Eat" contest! *If you're cooking for a large crowd this is an easy dish because it can be put together in advance and refrigerated until you are ready to pop it into the oven.*

Ingredients:

Salmon fillets

Olive oil

Fresh garlic

Fresh ginger

Tamari

Lemon juice

Salt and pepper to taste

Scallions for top

Method:

- ★ Line a baking tin with tinfoil (makes clean up easy). Use whole filet or cut into individual serving sizes for easier serving.
- ★ Put small amount of oil on the foil. Place fish on top of oil, top side down first so it gets oiled, then turned so skin side is down, also oiled.
- ★ Sprinkle filets generously with sliced garlic and sparingly with chopped ginger.
- ★ Add tamari ¼ cup per pound of fish, and squeeze lemon over all. Sprinkle with salt and pepper.
- ★ Since salmon is an oily fish it can be broiled close to the heating element for about 7 minutes; the oil in it will crisp it slightly. The fish is done when it flakes easily with a fork and is no longer translucent in the center.
- ★ Take out of the oven when it has barely reached the just done point, as it will continue to cook in it's own heat.
- ★ Sprinkle finely chopped scallions (or parsley)on top.

Alternate Method (No-Fail Baked Salmon):

Michael and Karen Johnston told me about this method; it has become a favorite.

- ★ Heat oven with low-sided baking sheet, until very hot -- 500° for about 20 minutes.
- ★ Put a little oil on both sides of the salmon, season as desired, place on hot baking sheet, put in oven, turn heat down to 275°, and bake for 10 minutes.

Many a happy holiday has been shared with Cousin Diane, both at Aunt Sandy's table and Diane's. One especially delicious meal was salmon dressed: with her recipe, seen to the left.

Cousin Diane's Mustard Dressing:

Ingredients:

1 ½ Tbsp. Dijon style mustard

1 ½ Tbsp. coarse gain mustard

3 Tbsp. white wine vinegar

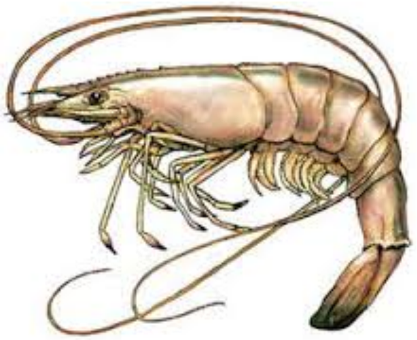
¼ cup firmly packed fresh mint leaves, or to taste

¾ cup olive oil

Method:

- ★ Mix mustards, vinegar and mint in blender.
- ★ Slowly add oil while blending until dressing emulsifies.
- ★ Salt and pepper to taste.
- ★ Spread dressing on salmon and bake until barely done.

Sautéed Shrimp



Ingredients:

Shrimp

Olive oil

Onions

Garlic

Red or green pepper

Mushrooms

Salt, pepper, herbs to taste

Method:

★ Some ideas but no rules--just improvisation.

★ In heavy frying pan or wok heat small amount of olive oil.

★ In the heated oil add chopped onions, chopped garlic, red and/or green peppers and sliced mushrooms.

★ When vegetables are slightly soft, add shrimp. We like peeled shrimp with the tail left on. The tail gets crispy and is wonderful to eat.

★ Season with a splash of tamari and white wine.

★ Add salt, pepper and herbs to taste.

★ Cook until shrimp is just a little pink. It will continue to cook in its own juices. Overcooked shrimp becomes tough.

★ Wonderful served on steamed brown rice--my favorite is short grain because it is especially sweet.

★ For a light meal, serve over arugula.

Baked Stuffed Shrimp

Ingredients:

Shrimp

Salt

Pepper

Garlic

Oregano and/or marjoram

Crackers, breadcrumbs, or panko

Parmesan cheese

Sautéed Shrimp:

In large pan or wok heat olive oil. Add onions, garlic, chopped red and/or green peppers, mushrooms.

When vegetables are slightly soft, add shrimp, a splash of tamari, and white wine.Season with salt and pepper and herbs to taste.

Cook shrimp until just pink. Again, if you leave the tail shells on you will have an extra delicious crunch when you chew them up.

Served on steamed brown rice, whole wheat couscous, or quinoa.

Method:

- ★ If shrimp have shells, take care to remove the shells while leaving the tail part attached.
- ★ Slice shrimp up the inside center to just before the end of the tail so both sides butterfly open and lay flat in the pan.
- ★ Remove any dark veins.
- ★ Place shrimp in well oiled pan and turn them over so they are oiled on both sides, leaving the side up that will cup up to hold the crumbs.
- ★ Sprinkle with salt, pepper, fresh chopped or powdered garlic, oregano and/or marjoram.
- ★ Fill shrimp with crushed crackers, bread crumbs or panko. My favorite crackers are from Whole Foods or Trader Joes--much like Ritz Crackers but with half the fat and calories.
- ★ Crush crackers into crumbs by placing them in a plastic bag on a board or counter top and pounding with a rolling pin or heavy jar. (A good tension releaser.)
- ★ Drizzle all lightly with olive oil.
- ★ Optional: sprinkle lightly with Parmesan cheese.
- ★ Bake at 450° for about 6 minutes, or broil until shrimp are just pink inside, browned on top.

The happiest people don't have the best of everything, they just make the best of what they have.

Stir Fry Tofu

Tofu is instant protein made from soy beans, can be prepared many ways (see Scrambled Tofu in Morning Meals). Stir Fry is one.

Ingredients:

Block of firm tofu

2 Tbsp. canola oil

¼ cup tamari

Hot sauce

Toasted sesame oil

3 to 4 cups of assortment of fresh vegetables of your choice, diced

2 Tbsp. oil

Tamari

Salt, pepper, cumin, hot sauce, fresh herbs of your choice

Method:

★ Drain excess liquid from tofu (see Spicy Tofu in Appetizers).

★ Sauté tofu in hot wok to which you have added a tablespoon of oil by drizzling it down the sides of the pan.

★ Add the tamari when tofu begins to brown, turning so all sides of the tofu get crispy.

★ Remove tofu to warm bowl.

★ Add second tablespoon of oil to wok and add vegetables.

★ Sauté vegetables until, like Papa Bear said, "Not too hard, not too soft… just right."

★ Add tofu back into pan with vegetables.

★ Since all has been cooked, simply season with a few drops of toasted sesame oil, salt, pepper, cumin, hot sauce, perhaps more tamari, to taste.

★ Serve with brown rice, quinoa, or as is.

★ Sprinkle all with toasted sesame seeds. You'll be happy if you've made enough for leftovers for lunch the next day.

"You aren't finished when you lose. You're finished when you quit."

No-Boil Lasagna

This is the recipe as I got it, before the advent of "no cook noodles." I was intrigued by the idea of not having to cook the noodles first, thus saving time and the cleaning of a pot.

Ingredients:

1 pound ricotta cheese

2 cups shredded mozzarella cheese, divided in two portions

1 egg

1 10 oz. package frozen chopped spinach, thawed and drained

3/4 tsp. oregano

⅛ tsp. pepper

salt and garlic to taste

red chili pepper flakes

½ package lasagna noodles, uncooked

1 cup water

2 jars (15½ oz. each) tomato sauce

Method:

★ In a large bowl, mix the ricotta, 1 cup mozzarella, the egg, spinach, oregano and pepper.

★ In greased 13 x 9 inch baking dish add ½ cup tomato sauce, ⅓ of the noodles, and half the spinach mixture.

★ Repeat. Top with remaining noodles, sauce, and mozzarella cheese.

★ Pour up to 1 cup water around the edges. Replace a little of the water with red wine, if you like.

★ Cover tightly with foil.

★ Bake in 350° oven for 1 hour and 15 minutes, or until bubbly.

★ Let stand 15 minutes before cutting and serving.

Substitutions and options:

Fresh chopped spinach for frozen.

Marinara or spaghetti sauce for tomato sauce.

Non-fat ricotta, low or no-fat cottage cheese or crumbled tofu.

Low or non-fat cheese as topping.

Whole wheat, organic pasta instead of white noodles.

Less water, more wine.

Marjoram in place of oregano.

Topped with tomato slices and cheese

Shakshuka

Eggs Poached in Spicy Tomato Sauce

Shakshuka is one of the most popular egg dishes in Israel and the Middle East. It is a onomatopoetic combination of Hebrew and North African words meaning "all mixed up." Rachel made it for Freddy and me before sending us off to the airport the last evening of our visit in Israel for Ittai and Aya's wedding. We had been wined and dined 'til nearly bursting, so this light, home-made dinner was a welcome delight.

Ingredients:

Onions

Garlic

Peppers, green and/or red

Hot pepper or hot sauce

Tomatoes, fresh or canned

Tomato paste if mixture needs thickening

Sweet paprika, cumin, salt, pepper, hot chili pepper

Eggs

Parsley

Method:

- ★ In a heavy frying pan, sauté in olive oil onions, garlic, green and/or red peppers…*"but it's all about the onions"* according to Rachel.
- ★ When vegetables are soft, about seven minutes, add chopped tomatoes and a little tomato sauce and/or tomato paste.
- ★ Season with salt, pepper, hot pepper or hot sauce, sweet paprika, and cumin. Cook until sauce thickens.
- ★ When sauce has thickened, make depressions with the back of a large spoon and gently drop the cracked eggs in them. Cook, covered if you wish, until the eggs are *almost* the way you like them; they will continue to cook further off the stove from the heat in the sauce.
- ★ Sprinkle with chopped parsley and serve from the frying pan placed on the table as Rachel did--ethnic and down home.

Shashuka cooking on Rachel's stove.

Soups

…& everything you ever wanted to know about them

Ready? The answer is… anything you do will work! Soup is essentially a good opportunity to use what you have in the refrigerator and make a hearty, nutritious, and probably inexpensive, meal. It's hard to overcook, it stays hot on the stove top, it fills up lots of tummies, and you feel virtuous because of all these reasons.

Also, it is easy to keep ingredients like dried beans, mushrooms, barley, rice, root vegetables, and canned tomatoes in your cupboard through the winter when you could get snowed in. If that happens, start the soup and let it simmer slowly on the stove while you curl up to savor a good book until you savor the good soup.

Too much salt in the soup?
A few raw potatoes dropped in for 15 minutes will absorb it.
And…
Soup is always better the day after you make it.

Split Pea Soup

Oooh, is this so satisfying to eat and so simple to make.

Ingredients:

1 pound dried split peas

One large onion

3 cloves whole garlic

1 Tbsp. oil

3 carrots

1 parsnip

2 stalks of celery

salt and pepper

1 bay leaf

Chef's choice: coriander seeds!

Method:

★ No soaking necessary for dried peas.

★ To soup pot add oil and finely chopped onions, celery, carrots, parsnip and garlic until lightly browned.

★ Add rinsed split peas with enough water to cover by 2½ inches.

★ Add bay leaf.

★ Cook until the peas are soft--an hour or two, depending on how recently they have been dried.

★ Add water as necessary and stir occasionally to prevent sticking to bottom of pan.

★ Add salt and pepper to taste.

★ That's it!

★ I like to add coarsely ground coriander seeds, which are very fragrant. Crush them in a suribachi (mortar and pestle) or on a cutting board under the bottom of a heavy jar.

★ This soup will thicken a lot overnight in the refrigerator; just add a little water to reconstitute it,. A generous grind of pepper, salt, coriander, and a large dollop of yogurt make it perfection.

Fish Soup or Chowder

A clear, light and healthy soup with no dairy.

Ingredients:

6 large cloves garlic

2 large onions

4 to 5 carrots

4 to 5 stalks celery

4 small white potatoes

2 Tbsp. oil

1 to 2 pounds white fish (schrod, cod, pollack, or hake)

Container of clams, fresh or frozen, with juice

Corn (optional) fresh, frozen or canned

Frozen peas (optional)

Parsley, freshly chopped

Salt and pepper

Method:

- ★ Chop onions, celery, carrots and potatoes into bite-size pieces.
- ★ Smash the garlic with side of heavy knife blade and chop roughly.
- ★ Place 2 Tbsp. oil in soup pot. When hot, add cut up vegetables and let them slightly brown.
- ★ Add chopped garlic--cook until just fragrant, about 30 seconds.
- ★ When vegetables are slightly softened add a few cups of water and gently simmer, leaving vegetables a little firm.
- ★ Cut the fish in large chunks--it will fall apart to create smaller pieces when cooking.
- ★ To the pot add any fish juices you have saved and frozen: the liquid from lobsters, sautéed shrimp, or steamed mussels added to the soup broth makes it extra flavorful.
- ★ Add clams near the end--they cook quickly and if overcooked they become tough.
- ★ Add peas and corn if you like.
- ★ Season to taste with parsley, salt and pepper.

Chowder

- ★ Chowder is like fish soup, only richer.
- ★ Potatoes are traditional and help thicken the broth.
- ★ Creamed canned corn with it's juice adds richness, along with cream or milk I've make my soup with skim milk or almond milk and had rave reviews.

Mushroom Barley Soup

Adapted from the Moosewood Cookbook, and a perennial favorite at Lynne Havusha's Break-Fast.

Ingredients:

1 pound fresh mushrooms, sliced, or combination of fresh and reconstituted dried mushrooms

½ cup raw barley

6½ cups stock or water

½ to 1 tsp. salt

3 to 4 Tbsp. tamari

3 to 4 Tbsp. semi-sweet sherry

3 Tbsp. olive oil

2 cloves minced garlic

Onions, 1 heaping cup chopped

Freshly ground black pepper

Method:

- ★ Cook the barley in 1½ cups stock or water in the soup pot. Add remaining stock or water, tamari and sherry.
- ★ Sauté the onions and garlic in the oil. When they soften, add mushrooms and ½ tsp. salt. When all is tender add to barley, being sure to include the liquid the vegetables expressed while cooking.
- ★ Give it a generous grinding of black pepper and simmer 20 minutes, covered, over the lowest possible heat. Taste to adjust seasoning.
- ★ 6 to 8 servings
- ★ 1¼ hours to prepare

Chicken Soup

Could this book be complete without chicken soup? Is that even a question?
It is amazing how ubiquitous chicken soup is.
Can you think of any cultures that do not have it?

Ingredients:

Whole chicken

Two onions

6 to 8 carrots

2 to 4 stalks celery

2 to 3 parsnips

Garlic

Peppercorns

Parsley

Feet, gizzards, and necks are optional, but exceptionally delicious and decidedly old-world.

Optional: sweet potato for extra sweetness and golden hue.

Lee Coe uses sweet potatoes to sweeten her chicken soup, as does Debbie, which she photographed here.

Method:

★ Wash chicken well and and remove all fat.

★ Peel onions and make crosscuts in tops so they release their essence. If the onions are large, cut in quarters, leaving root ends intact to hold onion pieces together.

★ Wash and trim carrots, celery and parsnips. Leave in large chunks.

★ Add several springs of fresh parsley, a few peppercorns, and two cloves of smashed garlic.

★ Place chicken in pot with enough cold water to just cover.

★ Bring to a boil, then reduce to a gentle simmer for about five minutes, at which point skim off any foam that rises.

★ Add the vegetables.

★ Depending upon the size of the chicken, simmer gently, partly uncovered, for one to two hours, or until chicken is done (legs and wings easily fall off) and vegetables are tender.

★ Set aside to cool. (At this point you may want to eat that little wing, etc. You're the chef. You deserve it.)

★ Remove chicken and vegetables and refrigerate.

★ Strain soup. Refrigerate it over night; it will chill, the fat will rise to the top and congeal, and then it will be easy to skim off.

★ Cut the chicken and vegetables into bite size pieces.

★ Gently reheat the defatted broth with the chicken and vegetables. Add noodles to the hot soup if you like.

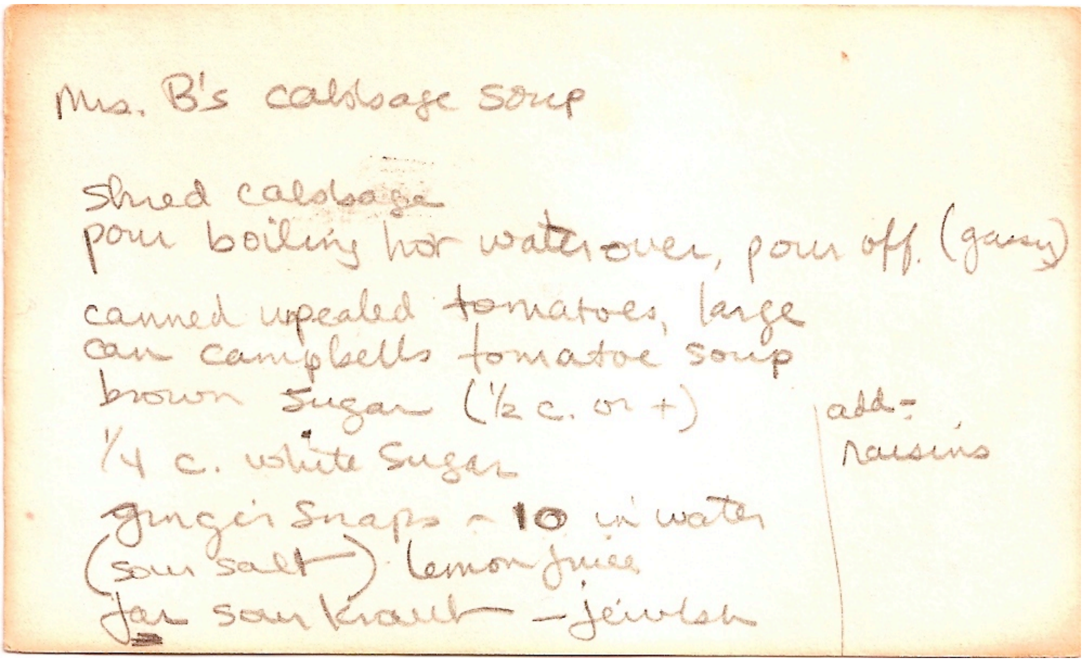
★ Chicken soup is especially wonderful when rich and golden, full of vegetables, and topped with freshly chopped parsley.

★ Take a moment to breathe in the aroma of your own homemade chicken soup. Heal thyself!

Worries go down better with soup than without. *-- Jewish proverb*

Sweet and Sour Cabbage Soup

As told by Nana Bess Bertman and written by me a long time ago, to which the color of the paper attests.



Mrs. B's cabbage soup

shred cabbage
pour boiling hot water over, pour off. (gassy)
canned upealed tomatoes, large
can campbells tomatoe soup
brown sugar (1/2 c. or +)
1/4 c. white sugar
ginger snaps ~ 10 in water
(sour salt) lemon juice
jar sour kraut — jewish

add:
raisins

Bean Soup(s)

Beans cook at different rates The older they are, the longer they take to soften. Most soaked beans--navy, white, black, pinto--will cook in an hour or so. Be forewarned -- garbanzo and soy beans take forever.

Ingredients:

Dried bean of your choice
Barley
Onions
Tomatoes
Parsley
Garlic
Salt and pepper

Method:

To Prepare Dried Beans:

★ Check for and remove shriveled beans and pebbles and wash beans well.
★ Soak for 8 hours or overnight. Beans expand while soaking, so make sure you cover them with four extra inches of water.
★ Drain off the soaking liquid (it can make you gassy) and rinse beans.

Quick Cook Method for Dried Beans:

★ Clean beans as above.
★ Place beans in pot and add water.
★ Bring water to a boil for 3 minutes.
★ Turn off heat and let beans sit in hot water for several hours. They will still need to be cooked, but will take less time to soften

Beans and Barley *are like a hand in a glove; they go perfectly with each other. Both serve to thicken the broth, and both are great with the following recipe of vegetable soup.*

Nana Bess's very old useful and cherished soup skimmer

Basic Vegetable Soup

aka "The Kitchen Sink"

By now you know there are seldom set amounts in these recipes, so go to town on this.

Ingredients:

Any of the following or combinations thereof:

Fresh vegetables to include mushrooms, summer squash, peas, string beans

Greens: kale, swiss chard, spinach, cabbage, beet greens

Grains: rice, barley, quinoa, small pastas. If uncooked, add early in the process. If cooked, add just before soup is done.

Herbs: fresh or dried oregano, cumin, coriander, marjoram, basil, parsley, tarragon. Dried herbs are stronger than fresh.

Seasoning: salt, pepper, spices

Soaked or rinsed and drained beans. See method for beans in Bean Soup(s).

Fresh or canned tomatoes

Method:

- ★ In a large pot add a couple of tablespoons of oil to sauté onions, celery, and garlic (if using) for a few minutes to sweeten them.
- ★ Depending on how dense the vegetables are, cut so all ingredients will cook at approximately the same rate. Alternatively, add ingredients in order of how they will cook; vegetables that take the longest should go in the pot first.
- ★ Tomatoes and mushrooms both release a flavorful compound called glutamic acid. Cook sliced mushrooms before tomatoes, as tomatoes soften very quickly.

Italian Style:

- ★ Lots of tomatoes, garlic, oregano, marjoram, hot red pepper flakes, beans, fresh green beans, small pasta, grated parmesan cheese on top.

Squash Soup

Debbie makes a delicious squash soup. She kindly "re-constructed" it (her words) for this book.

Ingredients:

1 butternut squash

2 granny smith apples

1 large Vidalia onion

2 cups chicken broth

3 to 5 tsp. curry powder

1 cup spiced apple cider (or spice your own apple cider with cinnamon, pinch of cloves and/or ginger

Salt and pepper to taste

Method:

★ Peel and core butternut squash and apples, cut into pieces and place on a lightly oiled pan.

★ Sprinkle with salt and pepper, and roast at 400° for about 35 minutes.

★ While squash and apples are baking, place cut-up onion into soup pot with the chicken stock, add the curry powder, and simmer until soft.

★ Combine all.

★ Purée mixture with immersion blender.

★ Add apple cider, reheat, and add seasonings to taste.

Cooked and garnished with sautéed leeks, photographed by Debbie.

Vegetables,Grains & Greens

Cooking Leafy Greens

The darker the green, the healthier the vegetable. Broccoli rabe, swiss chard, beet greens, spinach and kale are all delicious choices.

Greens can be steamed or sautéed.

Delicate greens such as beet and spinach need very little cooking. They will cook in the water left on their leaves after washing, and are done when wilted.

Stronger greens such as kale and swiss chard take a great deal longer to soften and require enough water so they don't burn. Cook until tender, which depends on how tough the greens are to begin with.

You can sauté using only water in a non-stick pan (ceramic is best), or, more traditionally in a bit of oil.

Shopping for greens in Thailand

Method:

Sautéed:

- ★ Heat oil or water over medium-high heat in a large skillet. Add garlic and sauté until golden.
- ★ Add greens, salt, and pepper, and toss together until well wilted.

Steamed:

- ★ Wash and gently shake water from leaves.
- ★ Cut up coarsely and cover in pan to steam until wilted.
- ★ Season according to taste.
- ★ A squeeze of lemon juice or small splash of. white vinegar is good to add just before serving. Too soon and the color of the greens will fade.

Brussels Sprouts

Gabriel has proven himself many times in the kitchen. When he told me one evening he would cook the brussels sprouts, I didn't hesitate and he didn't disappoint. This is how he does it:

Ingredients:

Brussels sprouts

Garlic

Olive oil

Salt and pepper

Sprouts on the stalk

Method:

- ★ Wash sprouts and trim off ends.
- ★ Cut sprouts in half. if really small they can be left whole.
- ★ In cast iron pan, sauté a couple of cloves of finely chopped garlic in oil until garlic starts to smell fregrant but not yet brown, about 30 seconds to a minute.
- ★ Add brussels sprouts, sauté a minute or two, add a little water, cover and let steam five minutes until not quite tender.
- ★ Finish sprouts with sprinkle of salt, pepper, and oil and place under the broiler, stirring once or twice, until brown.
- ★ Brussels sprouts can also be roasted from the start with oil, salt and garlic powder in a 350° oven, turning once or twice. Check to make sure they're not burning. They're done when easily pierced with a fork.

Lima Bean Casserole

Sweet and savory, this dish made by my mother Freda for holidays and other special occasions is hearty and great on a cold winter night. It makes a satisfying substitute for potatoes.

Ingredients:

Lima beans

Large onion

cloves

2 Tbsp. oil

Salt and pepper

Water as needed

Method:

★ Wash beans well in cold water, checking to be sure there are no little stones among them.

★ Preheat oven to 350°.

★ Put beans in a heavy roasting pan.

★ Make crosshatched cut in the top of the onion.

★ Stud onion with cloves and put it, root side up, in center of beans so that onion and clove essence flows into dish.

★ Sprinkle salt and brown sugar over top.

★ Drizzle with oil. My mother used chicken fat (delicious). Add an inch or two of water on bottom of pan.

★ Bake ¾ hour or until soft, which will depend on if and how you presoaked the beans (see *Bean Soups*). Stir occasionally and check to be sure there is enough water to keep the beans moist.

★ Uncover near end of baking so top will crisp and brown.

★ My mother removed the onion before serving but I leave it in and eat it,too. Sans cloves.

Simple Brown Rice

My favorite is short grain brown rice, but any whole grain, unprocessed rice can be prepared this way.

Ingredients:

Rice

Liquid (chicken or vegetable broth, or water)

Half a strip of Kombu, an edible sea vegetable with many healthy minerals.

Method:

★ Wash rice in pot by repeatedly adding cool water, swishing it around, and spilling it off until water is clear.

★ Measure amount of liquid to be added by putting your implement or finger into the pot to measure depth of rice, and adding enough liquid above rice to match that depth.

★ Add a half strip of kombu (seaweed), which helps keep rice from becoming mushy and adds minerals and subtle flavor.

★ Cover and let pot come to a gentle boil. Then, stir just once, cover, and lower flame.

★ Cook on low flame until all the water is absorbed. If rice is too dry, add a bit more liquid, as needed. If too much liquid is in the pot, leave the cover ajar and reduce heat as much as possible so rice doesn't burn but the moisture steams out. The crusty bottom is considered the tastiest part!

★ You can add dried raisins, cranberries, even cut up vegetables on the top of the rice;. They will steam and soften, too.

★ When rice has absorbed all the liquid, let it rest for five to ten minutes.

★ Season with salt, pepper, gomassio, and any herbs you like, and fluff up Too soon and the color of the greens will fade. with a wide fork.

Indian Quinoa Salad

Quinoa is an ancient Peruvian food that looks and cooks like a grain, but is actually a seed. It can be cooked simply in water to use as a base for vegetables or doctored up to make a fancier dish. We had this yummy quinoa salad at June and Eddy's one night and loved it.

Ingredients:

1 cup uncooked quinoa

2 cups vegetable broth

1 tsp. curry powder

1 tsp. ginger

Dash salt

⅓ cup raisins

⅓ cup cashew pieces

Method:

- ★ Rinsing removes quinoa's natural coating, called saponin, which can make it taste bitter or soapy. Although boxed quinoa is often pre-washed, it doesn't hurt to give the seeds an additional rinse at home.
- ★ Place the quinoa in a fine-mesh strainer and rinse thoroughly with cool running water. Rub and swish the quinoa with your hand while rinsing, and rinse for at least two minutes.
- ★ Using a ratio of 1cup quinoa to 2 scant cups of liquid (water, chicken or vegetable stock), cook covered for 12 to 15 minutes.
- ★ Quinoa is done when the liquid is absorbed and you see little translucent, glistening spiral tails.
- ★ Add the ginger, salt, curry powder,. raisins and cashews, and fluff up. From the photo of June's dish it looks like gabanzo beans green onions and tiny pieces of red pepper have been added. Now this flavorful dish is ready to eat.

Ittai's Asian Cabbage Salad

On a beautiful day in August, Ittai and Aya, Sandy and Richie, and Louisa and family, came to Swampscott for a family get-together on our deck. Ittai had finished his doctorate and lab work at MIT, and he and Aya had just married in a civil ceremony in Cambridge.(The big bash was to come later in Israel, and we all went.) Ittai brought this crunchy and very refreshing salad.

Ingredients:

Cabbage

Sesame seeds

Pine nuts

Soy sauce

Olive oil

Balsamic vinegar,

Tbsp. sugar

Method:

★ Cut up cabbage, chop or slice.

★ Toast handful of sesame and pine nuts for two to three minutes until fragrant and lightly brown.

★ Dressing: one part soy sauce, one part olive oil, one part balsamic vinegar, one spoonful sugar dissolved in a little hot water.

★ Just before serving, mix dressing with cabbage, and top with toasted seeds and nuts.

Original Cardini's Caesar Salad

When Freddy lived in Mexico many years ago he actually met Cardini, the man who invented the Caesar Salad. Here it is in Freddy's writing as dictated to him by Cardini,,himself, I've typed it out, to to make it easier to read.

Ingredients & Method:

Wooden salad bowl

Romaine lettuce with dark green tops cut off and stems broken with fingers

Fine olive oil, each piece of lettuce covered

Salt

Freshly ground pepper

Freshly grated parmesan cheese

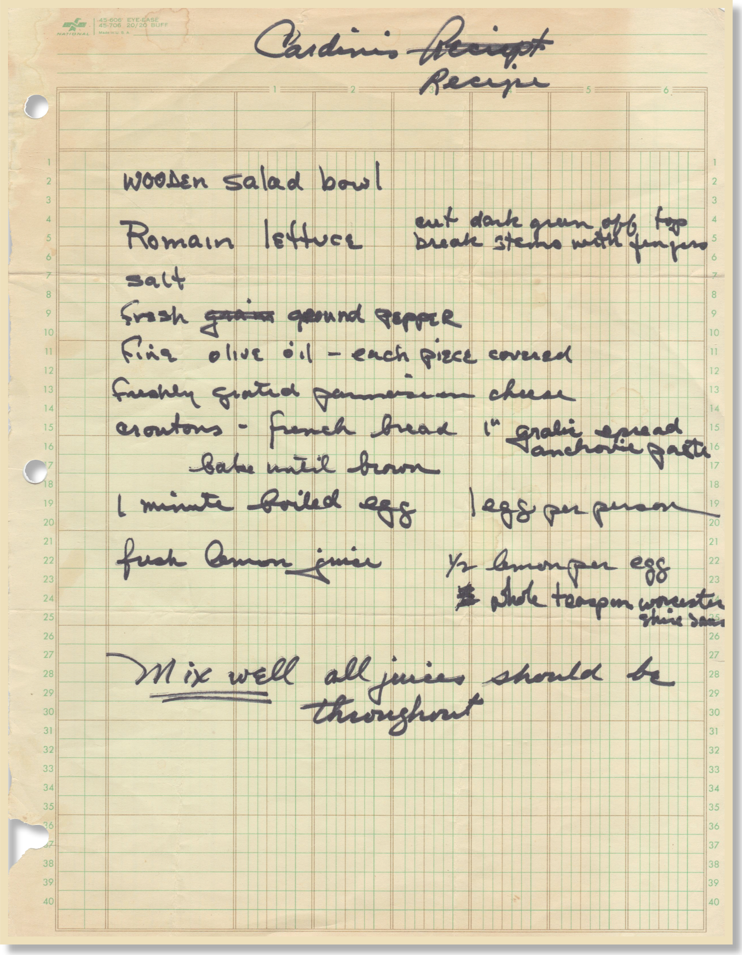
French Bread croutons, browned and covered with garlic spread and anchovy paste, baked until brown

I minute boiled egg

Fresh lemon juice, ½ lemon per egg

I tsp. worcestershire sauce

"Mix well, all juices should be throughout." Cardini



45-606 EYE-EASE
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NATIONAL Made in U.S.A.

Cardini's ~~Receipt~~
Recipe

WOODEN salad bowl

Romain lettuce   cut dark green off top
break stems with fingers

salt

fresh ~~grain~~ ground pepper

fine olive oil - each piece covered

freshly grated parmesian cheese

croutons - french bread   1" garlic spread
anchovie paste
bake until brown

1 minute boiled egg   1 egg per person

fresh lemon juice   ½ lemon per egg
~~[illegible]~~ whole teaspoon worcester
shire sauce

Mix well all juices should be
throughout

How old would you be if you didn't know how old you are?   –Satchel Paige

My Favorite Green Salad

Hydrophonic greens growing around the patio at our hotel in Cheng Mai, Thailand

Ingredients:

Sweet greens like romaine, baby bib, red and purple lettuces

Sharp, spicy greens, especially arugula and very young radish leaves

Sprouts

Any of the following: sliced beets, avocado, hearts of palm, garbanzo or other beans

Sunflower seeds or chopped nuts

Fresh basil, mint and tarragon

Salad Dressing:

⅓ cup extra virgin olive oil

3 Tbsp. balsamic vinegar

Big squeeze of lemon juice

1 Tbsp. orange juice

1 tsp. Dijon mustard

1 clove garlic chopped fine

Salt and pepper to taste

Method:

- ★ Wash and dry greens and herbs.
- ★ Tear lettuce leaves and greens into bite size pieces.
- ★ Add diced vegetables and/or beans.
- ★ Put ingredients for dressing in a jar and mix or shake well.
- ★ Sprinkle with sunflower seeds or chopped nuts.
- ★ Sprinkle fresh herbs over all.

Simple Salad Dressing

Chopping garlic very fine 20 minutes before use enhances its medicinal properties.

Ingredients:

Best quality (cold and first press) olive oil

Balsamic vinegar, about ⅓ the quantity of the oil, or lemon juice for a lighter dressing

Large garlic cloves, smashed and chopped

Dijon mustard, start with a teaspoon and add as desired

Salt and pepper to taste

Our own tomatoes and basil--nothing better.

Method:

- ★ Combine all in a covered jar and shake shake shake.
- ★ Adjust to taste.
- ★ Other possibilities: reduce oil by adding orange juice, which adds acidity and sweetness at the same time.
- ★ Add fresh herbs like basil, mint, tarragon, parsley

Asian Salad Dressing:

- ★ Oil, rice vinegar, tamari, a pinch of sugar, and a teaspoon of toasted sesame oil give salad an Asian taste .

Creamy Salad Dressing:

- ★ Slowly add oil to acidic ingredients drop by drop, and emulsify by beating with a whisk or using a blender. Yogurt and buttermilk, work, too.

Tomato knife with handmade cherry handle, crafted by Joshua to perfectly fit my left hand.

Jewish Specialties

> *"There are only two ways to live your life.*
> *One is as though nothing is a miracle.*
> *The other is as if everything is."*
> *-- Albert Einstein*

Incredible Challah

When our kids were newborns, a few of us joined together in a play group (more for our support than for the babies, who were too young to care). Through the years the group grew close, and by the time the kids were 13 and 14 they no longer were interested in coming to our annual Halloween and Chanukah parties at Alix Smullin's house. We, however, had bonded. Without special planning, we would find it hard to all get together often, or enough, if at all. So I suggested having a roving "Friday Night Group" once a month where the hostess would do the lion's share of the cooking and everyone else would bring a dish. When Nancy Kaufman joined the group it became known as "The Shabbat Group." We're still going strong after all these years.

Lynne Havusha's contribution has been the most delicious homemade challah--from a bread machine, no less! While the rest of us choose different dishes according to season or what's needed, no one lets Lynne change hers.

Ingredients:

Scant cup of water

A little less than ⅔ cup oil

½ cup honey

1 tsp. salt

2 large eggs, beaten

4 heaping cups of flour

2 3/4 heaping tsp. yeast not quick acting

Sesame or poppy seeds on top are optional

Holiday challah
often includes raisins and is braided into a round shape representing the continuing, eternal. nature of life.

Method:

★ Place all ingredients in bread machine. If no yeast dispenser, make a generous dent in the flour and add the yeast. When bread has gone through the rising cycle (time depends on your bread machine), remove dough.

★ Lightly flour your hands and on floured surface cut dough into thirds. Roll out each of the strips so they are long and rope-like.

★ Place strips on well-greased cookie sheet. Beginning in the center, cross strips over each other.

★ Braid the strips from the center out to one end. Repeat from the center out to the other end.

★ Pinch the strips together at ends and tuck ends under at each end. To make challah round, join the ends in a circle and pinch together.

★ Brush top with gently beaten egg to create a beautiful and crusty top.

★ Optional: sprinkle with sesame or poppy seeds before baking.

Ariella, my yoga teacher at Shirat Hayam, says that as she braids challah she thinks of the coils representing the mind, the soul, and the spirit intertwined, as they are in each of us.

Blintzes

I used to watch my mother make blintzes. It was an assembly line project. Her blintze pan was the same kind used for French crêpes, as they are very much the same. Use a gentle touch to create these traditional delicacies.

Ingredients:

Leaves (Wrappers):

1 cup flour

1 cup milk

2 Tbsp. melted butter

Pinch of salt

4 eggs

Filling:

½ pound cream cheese

½ pound pressed or farmer's cheese

Sugar and cinnamon mixed together, a little less than ½ cup

Pinch of salt

Touch of vanilla

Method:

Leaves :

- ★ Mix all wrapper ingredients together well.
- ★ Melt small amount of butter in a crêpe pan.
- ★ Put in Tbsp. of batter, or enough to thinly coat pan, tipping pan to evenly distribute.
- ★ Let edges begin to brown, and cook until just done. The center will be a little damp, but if you overcook the leaf it will crack when you fill it.
- ★ On a clean dish towel on the counter, tap out leaf. It will be upside down.
- ★ Cover cooked leaves as you continue cooking and stacking them, covering with a cloth to keep them from drying out.
- ★ Continue in this manner until all the batter is used.

Finally... blintzes!

- ★ Place leaf cooked side down on table.
- ★ Mix filling ingredients together and place 1 Tbsp. filling in center of leaf.
- ★ Fold bottom part up, sides in, and top down, and put on a plate.Continue until all blintzes are formed.
- ★ Refrigerate to chill before cooking. If blintzes are cold and firm their filling is less likely to ooze when cooking.
- ★ Place seamed side down in hot oiled pan, gently turning over once to brown both sides.
- ★ Serve with sour cream, apple sauce, yogurt or cinnamon and sugar.
- ★ Blintzes freeze well.

Mandel Bread

Like biscotti. But Jewish.

Ingredients:

3 eggs

1¼ cup oil

1½ cup sugar

3 tsp. baking powder

3 cups four

1½ tsp. vanilla

1 cup chopped walnuts

(If you love chocolate, you can add chocolate chips)

pinch of salt

Method:

★ Beat eggs.

★ Add sugar and oil and vanilla.

★ Mix in all dry ingredients and nuts; the batter will be stiff.

★ Cut batter in three sections.

★ Roll/pat each section into log shapes, longer than they are wide.

★ Lay the three logs side by side with space between them on a greased jelly roll pan or cookie sheet.

★ Bake at 350° for 30 minutes.

★ Remove from oven and slice logs while still quite warm into ½ inch wide pieces. These pieces will now be crescent shaped..

★ Spread cookies cut side down evenly over the baking tin and put back in oven at 250° for 15 minutes. Turn pieces over again for 15 minutes more so both sides become lightly brown.

★ Store in a tin. They keep nicely for quite a while.

Noodle Pudding(s) (Lokshen Kugel)

Some are so rich they can raise your cholesterol to astounding levels.
Some are so sweet they serve as dessert. Here's one that is both.

Ingredients:

1 package (½ pound) egg noodles

6 eggs lightly beaten

1 cup sugar

1 pound cottage cheese

½ pound farmer's cheese

¼ pound cream cheese

1 cup sour cream

2 cups milk

1 tsp. vanilla

1 tsp. salt

1 cup golden raisins

6 Tbsp. butter

Lower fat version:

Less egg yolks and more whites, yogurt in place of some or all the cheeses and sour cream, low-fat or almond milk instead of cream, and oil instead of butter.

Method:

- ★ Boil noodles for about eight minutes, and place them back in pot.
- ★ Add the rest of the ingredients. It's especially easy to mix while noodles and pot are still warm.
- ★ Pour mixture in a generously buttered or oiled baking dish.
- ★ Sprinkle top with cinnamon and brown sugar (chopped nuts optional).
- ★ Bake at 350° for 1½ hours or until a knife inserted into the center comes out clean.

Vegetarian Tsimmes

In Yiddish, a "tsimmes" is a commotion or a big fuss. But this recipe is easy. It's a fragrant and filling side dish for any holiday gathering, and easy to prepare ahead of time and warm up prior to serving.

Ingredients:

6 to 8 sweet potatoes

Carrots

Dried fruit such as prunes, apricots, figs and/or raisins

Water or orange juice

3 to 4 Tbsp. brown sugar or agave

2 to 3 Tbsp. cinnamon

Pinch of salt

Yams vs. Sweet Potatoes?
Orange sweet potatoes are often called yams in this country. True yams are starchy, white-fleshed tubers common to tropical climes. Small or medium sweet potatoes are sweet and creamy; larger potatoes tend to be starchy. The deeper the color the richer in antioxidant beta-carotene.

Method:

Stovetop

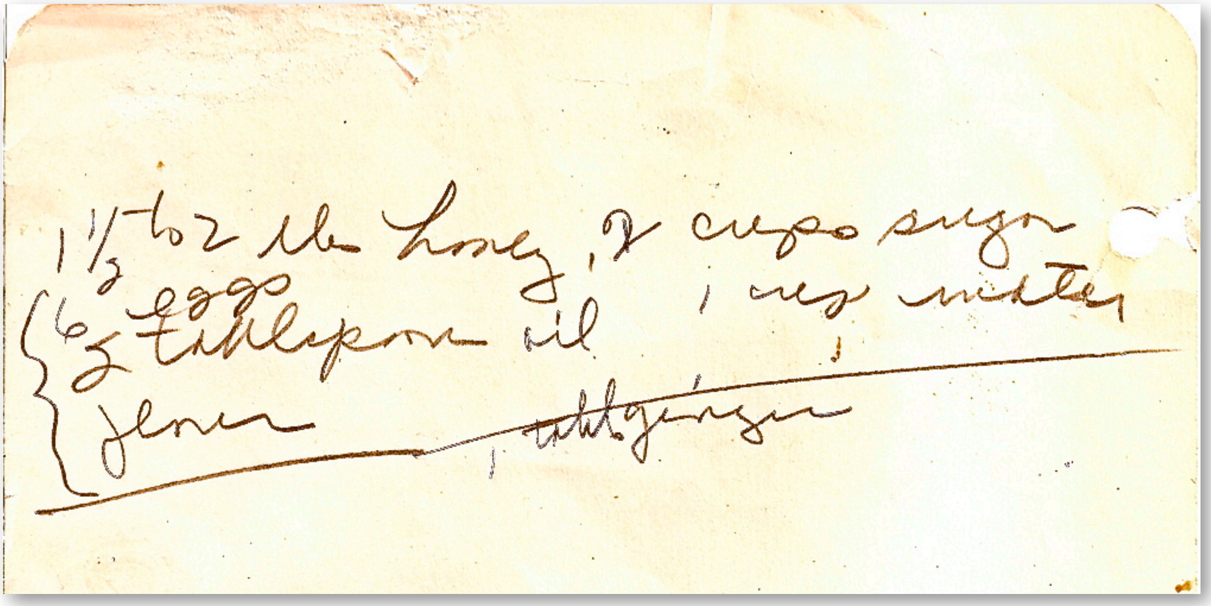
- ★ Cut carrots on the diagonal into rounds and cut sweet potatoes into large cubes. Carrots take longer than sweet potatoes to cook so slice the carrots to ⅓ the size of the potatoes.
- ★ Place ⅓ carrot/potato mixture in large pot.
- ★ Sprinkle vegetables with dried fruits, sweetener, sprinkle of salt, cinnamon
- ★ Repeat two more times until all is in the pot.
- ★ Add water or juice over all to about 1-1½ inch depth.
- ★ Cover and simmer on top of the stove. Stir occasionally to assure the vegetables cook evenly, being careful not to over-stir, as sweet potatoes turn mushy very quickly.
- ★ Cook until just tender. The dish should be thick but not dry. If necessary, add more liquid.

Oven

- ★ Preheat to 375°.
- ★ Grease ovenproof casserole dish, add ingredients using stovetop method.
- ★ Use enough liquid to come up 1 inch from bottom.
- ★ Stir occasionally, adding more liquid as needed.
- ★ When nearly done, remove cover of pan and the top will brown nicely.

Mummy's Tayglech

A dessert of small, knotted pastries to start the Jewish new year of Rosh Hashana, is crunchy with a sweet, sticky honey top. My mother's note on the back of an envelope is the closest I can come to her traditional recipe. An acquired taste.



1½ to 2 lbs honey, 2 cups sugar
6 eggs 1 cup water
3 tablespoon oil
flour tabl. ginger

Ingredients:

6 eggs

2 cups sugar

6 Tbsp. oil

2 cups honey

2½ cups flour

1 cup water

1 Tbsp. ginger

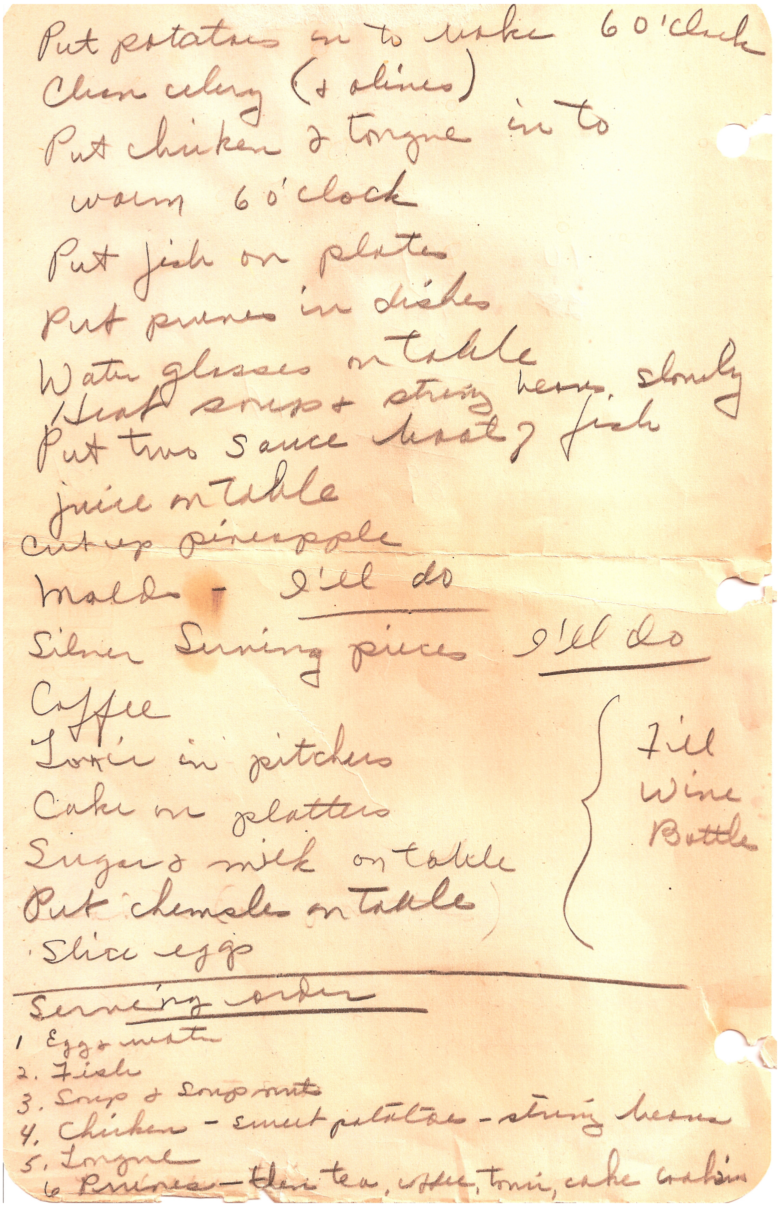
No waste:
Strain the cooled cooking honey and use it to make honey cake. Or use in your tea. No need to throw it out.

Method:

- ★ Mix dough ingredients together and knead until somewhat elastic.
- ★ Roll into ½ inch strips on floured board.
- ★ Cut into 2 inch lengths, tie each into a knot, and place on a dish.
- ★ Bring honey and sugar to a boil, stirring frequently.
- ★ Drop in tayglech and stir, then turn heat to medium and cover.
- ★ Boil for ten to fifteen minutes and stir frequently being sure to dry the water off the cover each time you stir.
- ★ After 1 hour, test a tayglech by dipping one in cold water. If it floats, it's done. If it sinks, cook a bit more
- ★ When done, turn off the heat, add the cup of boiling water and ginger, and stir.
- ★ Remove tayglech with a slotted spoon, place in bowl with a little honey on the bottom, and let it cool.

Mimi's Passover Preparations

Holidays evoke wonderful memories of the whole clan at the Ward Street house in Newton. This treasure, in my mother's handwriting, shows the care and preparation she put into our holiday sedar.

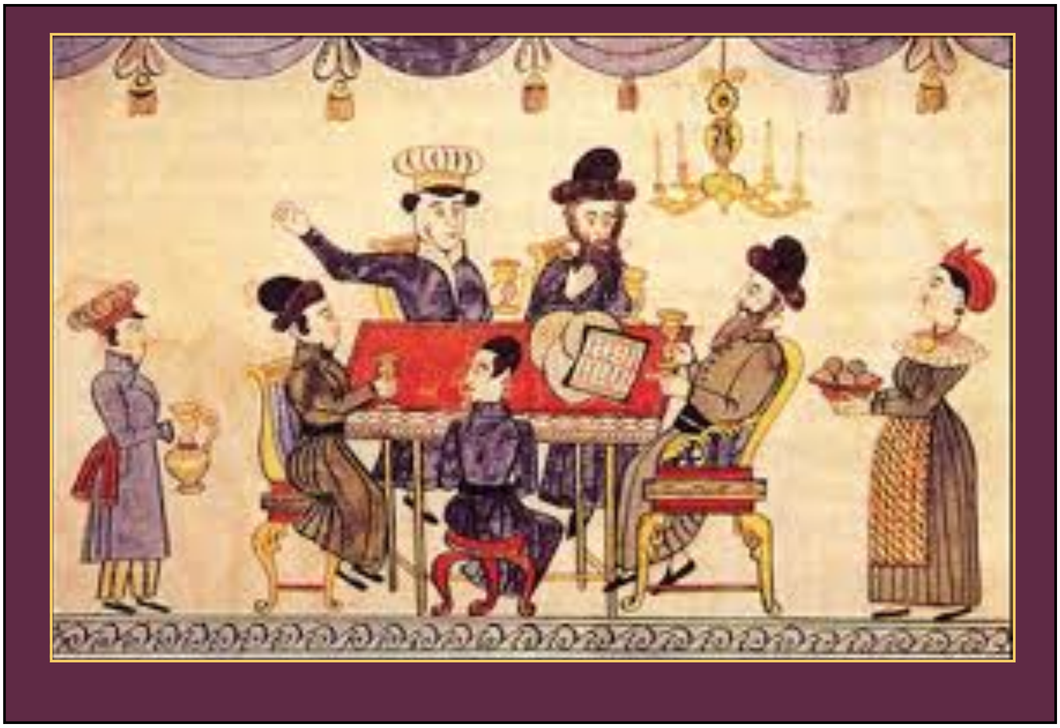


Put potatoes in to bake 6 o'clock
Clean celery (& olives)
Put chicken & tongue in to
warm 6 o'clock
Put fish on plates
Put prunes in dishes
Water glasses on table
Heat soup & string beans slowly
Put two sauce boats of fish
juice on table
Cut up pineapple
Mold – I'll do
Silver serving pieces I'll do
Coffee
Tonic in pitchers
Cake on platters
Sugar & milk on table
Put chremsles on table
Slice eggs

Fill
Wine
Bottles

Serving order
1 Eggs & matza
2. Fish
3. Soup & soup nuts
4. Chicken – sweet potatoes – string beans
5. Tongue
6 Prunes – then tea, coffee, tonic, cake cookies

Passover Specialties



A Celebration of Freedom

Look carefully and you will see we are all orchards hiding in seeds. You will see inside each of us is the pharaoh. And inside every pharaoh is a slave. And inside every slave is a Moses.
-- Noah ben Shea (Jacob the Baker)

Where is the "pharaoh" in me? How do I oppress others? Where is the "slave" in me? To what am I enslaved? Where is the "Moses" in me? Am I a leader? Do I help liberate others? How can I diminish the pharaoh and the slave within me, and enhance my "Moses?"
-- Unknown

Gefilte Fish

You may not want to make gefilta fish from scratch since it is a lot of work. Nevertheless, I'm including this recipe as a tribute to my mother for all the cooking and cleaning and shopping and chopping that she did for very large family Passover gatherings for very many years. Gefilte fish made from scratch is nothing like store-bought. Think "French quenelles."

Just before Pesach, an annual pilgrimage was made to Harvard Street in Coolidge Corner, Brookline, to purchase the special holiday foods. The merchants always gave us treats; when mummy was buying brisket, Paula and I (Sandy was old enough to be off on her own) would be handed a slice of salami over the top of the counter, which seemed awfully high to two little girls. At the bakery, we were given tayglech and macaroons.. Last stop, the famous Wulf's Fish Market for special fishes--the freshest fish to be had.

Ingredients:

8 pounds of fish, ⅓ white fish, ⅔ pike, filleted

1 to 2 Tbsp. salt

Pepper to taste

4 eggs

⅔ cup matzo meal

1½ cups water

Nanny Borkum's gefilte fish, serves about 30

Pared Down Version:

3 pounds pike

1 pound whitefish

2 perch, optional

2 eggs

2 each, large onions, celery stalks, and carrots (one each to grind with fish, one each for pot)

3 Tbsp. matzo meal

½ cup water

1 Tbsp. salt

¼ tsp. pepper

serves about 16

Method:

★ In both recipes, the fish is filleted and the bones and skin are reserved.

★ The food processor of those days was a meat grinder that clamped onto the kitchen table to grind the fish and onion. The mixture was then put in to a large, round-bottom wooden bowl. A round chopping knife fit the bowl's contour and herbs and spices were incorporated into the fish. Not a job for the faint of heart. You chopped, chopped, chopped until your arm ached and a spoon could stand up in the paste-like mixture. Water was chopped in, too, to loosen the mixture.

★ Hooray for the electric food processor! Grind fish, onions, and celery together until they form a smooth paste. Add the rest of the ingredients. You may still need to do a little chop chop chop. Mixture should be a consistency that can be easily shaped into oval fish balls.

★ In a large pot filled ¾ with water, create a bed of sliced onions and any fish skin, bones, and heads you have saved, which will add flavor the broth.. Bring to a hard boil.

★ Shape fish mixture into oval shapes between two large spoons or your palms.

★ Reduce heat to a gentle boil and carefully lower fish balls into the water. Simmer gently for 1½ hours. Cook the fish in two batches.

★ Serve gefilte fish with cooked carrot slices and parsley on top, horseradish on the side.

Aunt Miriam's Kanedlich

or, Matzo Balls with a Surprise

"No Pesach is complete without them, they are the live tombstone of Aunt Miriam (see Family History--The Israeli Connection) and every Pesach we talk about her and feel close to her, which is very nice," said Ittai. "It's the filling that's the surprise!"

The recipe below is as told to me by Rachel in her kitchen in Jerusalem on May 14, 2007.

Ingredients:

Matzo Balls

1½ cup matzo meal

5 to 6 eggs

250 grams unsalted margarine (I use 1 cup butter) at room temperature

Salt

Nutmeg

Filling:

1 piece calf liver, or several chicken livers, or ground meat

Fry well with oil, salt, pepper, paprika, garlic

Mix all with an egg in food processor, wrap in aluminum foil, and put in freezer.

Method:

★ In food processor mix margarine that has been cut into cubes.

★ Add salt, nutmeg, 1 cup matzo meal.

★ Add, one at a time, five eggs.

★ Add last the ½ cup matzo meal.

★ If soft, don't add sixth (last) egg. Otherwise, add last egg.

★ Take Surprise Filling out of freezer and cut in to little cubes.

★ Wet hands, form a matzo ball, make a hole in the middle, fill hole with a bit of the frozen mixture. Pat to close hole.

★ Boil water with a little chicken soup, "save home-made broth for sedar" says Rachel.

★ Put matzo balls in boiling water for twenty minutes. When done they will rise to the top and become very fluffy.

★ You can freeze them, defrost, and warm them the last few minutes in the "real" boiling chicken soup.

★ Ittai told me Aunt Miriam added "a touch of finely chopped almonds, Netta and Manuca like cinnamon instead."

Makes 18 to 20 matzo balls.

Chemsels & Matzo Meal Pancakes

Jonathan Bertman and his grandmother--my mother-- adored each other. Grandmother or Grammy came out as "Mimi" and that was what she was called by the grandchildren who were lucky enough to have known her.

Mimi made chemsels every Passover. Don't worry if you've never heard of them before. Apparently no one else has either. And don't be concerned about the lack of measurements. With plenty of cinnamon and sugar on top they'll be great the first time, and even better thereafter.

Ingredients:

3 eggs

1½ cup matzo meal

1 Tbsp. canola oil (original recipe used chicken fat of course)

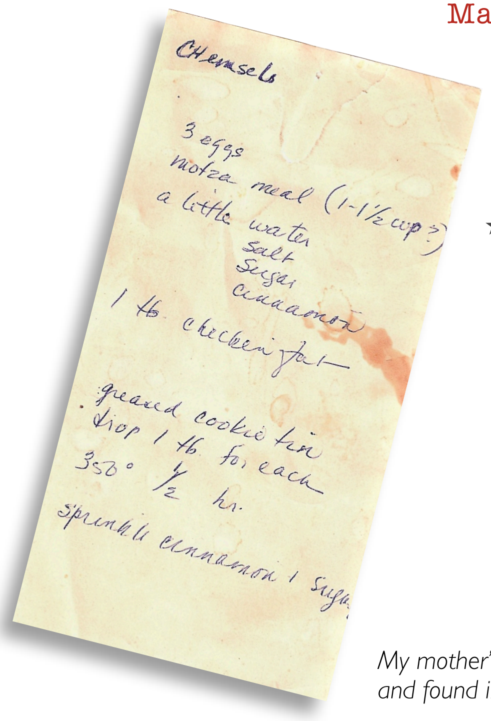
About 1½ cups water

2 Tbsp. sugar

1 Tbsp. cinnamon

¼ tsp. salt

Extra cinnamon and sugar for topping.



Chemsels

3 eggs
motza meal (1-1½ cup?)
a little water
salt
sugar
cinnamon
1 tb. chicken fat

greased cookie tin
drop 1 tb. for each
350° ½ hr.
sprinkle cinnamon / Suga

My mother's recipe written by me along time ago and found in my old recipe box.

Method:

Chemsels

- ★ Mix ingredients together.
- ★ The matzo meal will absorb much of the water. Let sit about ten minutes but not so long that the matzo meal loses all it's crunch. If it is too loose, add matzo meal. If too stiff, add more water.
- ★ Place tablespoonful sized mounds on a greased cookie tin. Sprinkle lots of cinnamon and sugar on top.
- ★ Bake at 350° until nicely browned, about 25 to 40 minutes.

Matzo Meal Pancakes

Gabriel's most favorite breakfast when he is home are Matzo Meal Pancakes.

- ★ Same batter as above but with more water, and fried on a cast iron griddle.
- ★ Serve with cinnamon and sugar or maple syrup or agave.

Sponge Cake

Auntie Helen, Freddy's mother Sally's sister, make the highest and lightest sponge cake ever. You can tell the season for Passover is early spring by the crocuses from the yard on the cake.

Ingredients:

9 eggs, room temperature

1½ cups sugar

Juice and grated rind of 1 lemon

½ cup potato starch

½ cup cake meal

Pinch of salt

Tip:
It is best to separate one egg at a time over a tea cup, so in case you break a yolk the other whites will not become tainted by it. You can use the broken egg as one of the two unseparated eggs.

Method:

- ★ Sift together the dry ingredients.
- ★ Separate seven eggs, being careful not to get even the tiniest bit of yolk in the whites. (Oil from the yolk prevents whites from becoming fully fluffy.)
- ★ Beat the 7 egg whites until stiff.
- ★ In a separate bowl beat the remaining two whole eggs (no need to clean beaters if you do egg whites first) with the sugar, until creamy. Add lemon juice and grated lemon rind.
- ★ Fold whites into the beaten two whole eggs, sugar and lemon mixture.
- ★ Fold in the dry ingredients.
- ★ Bake at 325° one hour in a chimney pan. DO NOT GREASE! Cake rises by clinging to sides of pan.
- ★ This cake rises a lot! The top will be very high. Invert baking pan over a full wine bottle to prevent the cake from sinking or getting crushed while cooling. (Please see Chocolate Chip Pumpkin Cake in dessert section.)

Passover Mandel Bread

Karen Epstein's Aunt Gladys made this, and now Karen does, too.
Very, very crunchy and delicious.
Kosher for Passover

Ingredients:

2 cups sugar

½ lb. margarine or butter

6 eggs - room temperature

1⅜ cup matzo meal

1⅜ cup cake meal

¾ cup potato starch

½ tsp. salt

8 oz chocolate chips - half semisweet, half milk chocolate

1 cup chopped walnuts

Topping - 1 tsp. cinnamon & 2 tsp. sugar - mixed together

Method:

★ Mix sugar and butter together until blended. Add eggs one at a time

★ Mix all dry ingredients together and incorporate into sugar mixture which will be very thick.

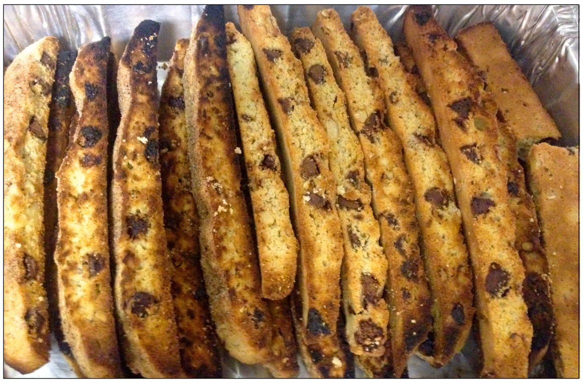
★ Fold in chips and nuts.

★ Divide into six loaves. Wet hands and shape approximately 1/8" high. Sprinkle with sugar and cinnamon.

★ Bake on greased cookie sheet at 350° for 45 minutes

★ Remove from pan and cut into ½" slices.

★ Turn each piece on its side and place under broiler for a few minutes then turn and broil other side. Watch carefully as they tend to burn easily under the broiler.



Chocolate Meringue Kisses

Nana Bess Bertman was one fabulous cook.
These are her suburbChocolate Meringue Kisses, suitable for Pesach.

Ingredients:

1 package (about 4 ounces) semi-sweet chocolate chip bits or bittersweet chocolate

3 egg whites

½ cup sugar

½ tsp. vanilla

Method:

- ★ Melt the chocolate, and let cool.
- ★ Beat well three egg whites, gradually beating in sugar and vanilla, until stiff and glossy.
- ★ Drop by tablespoonful on large cookie sheet covered with brown parchment paper, or lightly oiled tin foil.
- ★ Bake in 250° preheated oven, 20 to 25 minutes for chewy cookies, about an hour or so for crisp and crunchy cookies
- ★ Let cool on a cookie rack for a few minutes, then carefully peel away the parchment paper or foil.
- ★ Traditional meringue kisses have toasted or un-toasted coconut added to the batter.
- ★ Chopped nuts of any kind can be added as well.
- ★ For White Kisses, omit the chocolate and add an extra ½ teaspoon of vanilla to the egg whites.
- ★ Topping the cookies with a nut makes kisses look fancy.

Chanukah

Hanukiah (menorah for Chanukah) from my mother's house to mine.

> *You can't control the wind, but you can adjust your sails. -- Yiddish proverb*

Potato Latkes & Kugel

Potato Preparation Method:

From Our Ancestors:

- ★ Peel potatoes. If they are going to sit after you peel them but before you grate them, cover with cold water to prevent them from turning brown.
- ★ Hand grate potatoes and onion on a rough grater.
- ★ You will undoubtedly scrape yourself as well as the potatoes and onion, and draw blood (ouch). Consolation:? It's said that a speck of blood is what makes the latkes delicious.

21st Century:

- ★ Wash potatoes well and leave the skin on--that's where a lot of the nutrients are.
- ★ Cut potatoes and onions into pieces that fit in your food processor.
- ★ Use two blades--the first to shred the potatoes, and the second to chop about half of the shredded pieces up a bit more. Be careful to only pulse a little bit so it doesn't turn to mush.
- ★ If the grated potatoes are going to sit in the bowl for a while before you cook them, pour off excess water and break the eggs, leaving them whole on top of the batter.The eggs create an insulation barrier between the potato mixture and the air, preventing the potatoes from turning brown.
- ★ When ready to make the latkies or kugel, mix in the eggs (either those on top that are insulating the potatoes or those called for in the recipe), and the other ingredients seen below.

Potato Latkes

Potato latkes, (pancakes) are loved any time, though no more so than at Chanukah. Crispy and delicious latkes are fried in copious amounts of oil, which represents the oil the Maccabees found in the destroyed Temple. The oil was used to light the Temple's eternal light, and amazingly, it burned for eight days and nights.
Jews light candles on the The Feast of Lights for eight nights to celebrate.

Ingredients:

6 to 8 large Idaho potatoes

1 to 2 eggs

Small onion

Salt

Pepper

(Optional) ½ tsp, baking powder (omit at at Passover)

2 Tbl. matzo meal (for Passover) or flour for other occasions

Method:

- ★ Heat about ½ inch oil in heavy skillet. Canola or peanut is good for frying (olive oil would smoke at the high temperature you will need).
- ★ When the oil is very hot, carefully place mixture by tablespoonful in pan. If the latkes don't sizzle and spread, the oil isn't hot enough and they will become oil-logged. *Nicht gut.*. Watch out for spits and spatters!
- ★ When the edges are crispy and golden, about three to four minutes, turn and fry other side for one to two minutes or until golden brown.
- ★ Drain on paper towels and keep the latkes warm on a plate in a 200° oven while you continue cooking the batch.
- ★ Serve with sour cream, yogurt and/or applesauce.

Potato Kugel

No one ever doesn't like potato kugel!

Ingredients:

6 to 8 large Idaho potatoes

1 to 2 eggs

Small onion

Salt

Pepper

(Optional) ½ tsp. baking powder (omit at at Passover)

2 Tbsp. matzo meal (for Passover) or flour for other occasions

NUN
SHIN
HEY

Method:

- Preheat oven to 370°. One baking dish, no spattering, and easy to serve.
- Pour generous amount of oil in a baking dish and tilt to coat all sides.
- Pour the mixture into baking dish, allowing what ever extra oil is in the bottom to be pushed up the sides. This will create extra crispy crust all around.
- Bake 35 to 55 minutes, until golden brown.

Muffins & (Quick) Breads

Thoughts on Baking

Colonial fireplace for cooking, King Hooper Mansion, Marblehead, MA

Because baked goods like cakes and breads are more scientifically engineered than other recipes (there is a chemical reaction when one uses either baking powder, baking soda, or yeast mixed with a liquid), bakers are reluctant to deviate from the recipe. Not me! I push the limit with traditional recipes if it will make them healthier. Two egg whites equal one whole egg; if a recipe calls for four whole eggs, I might use two whole eggs and four whites, or just eight egg whites. When a recipe calls for butter I use canola oil, a mild and healthy substitute. If there is more oil than I like to use, it is replaced with an equal quantity of applesauce, yogurt, juice, or fruit purée. Sugar is easily replaced partially or totally by honey, stevia or agave. Again, if the ingredients you use are wholesome and good, it may not come out exactly as you expected, but it will most certainly be healthy, edible at the least, and most likely delicious.

What Makes Baked Goods Rise?

Eggs, *when whisked, trap an incredible amount of air. They should be at room temperature to get the most volume.*

Baking powder *is a combination of sodium bicarbonate and an acid agent such as baking soda, cream of tartar, sometimes cornstarch. Double acting baking powder has replaced single acting powder. Both start to work as soon as moistened; double acting rises again when subjected to the heat of the oven. Have the oven preheated and the pans ready so that batter can be baked as soon as it is prepared.*

If you don't have baking powder in your kitchen, you can make your own:

- *2 tsp. cream of tartar*
- *1 tsp. baking soda*
- *¼ tsp. salt*

While just as effective as commercial baking powder, homemade doesn't keep well, so don't make a big batch with plans to store it.

Baking soda *doesn't have much power on it's own since it also needs an acid to activate it. Cream of tartar, soured milk or buttermilk will create this reaction.*

Cream of Tartar *is obtained from fermented grape juice. It is sometimes used to stabilize whisked egg whites.*

Cake flour *is generally made of soft wheat, has a finer texture and higher starch content than regular flour, and is often used for tender cakes and pastries. If you have all purpose flour, for each cup of cake flour needed use 1 cup minus 2 Tbsp. Replace the 2 Tbsp. flour with 2 Tbsp. cornstarch per cup, and sift together five times. The flour and cornstarch need to be well incorporated and aerated.*

Self Rising Cake Flour *is easily made in your kitchen. For each cup needed, add to cake flour 1½ tsp. baking powder and ¼ tsp. salt.*

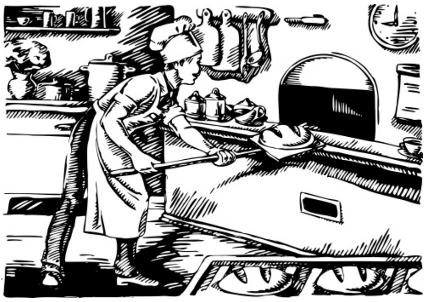
Bread Flour *is all-purpose flour to which wheat gluten is added, 1 tsp. per cup.*

Yeast *is a living organism activated by warmth, moisture, and a little sugar to feed it. The yeast converts sugar into ethanol and carbon dioxide. When mixed with liquid that is cold or has too much sugar, the rise will be inhibited. Liquid that is too hot will kill off the yeast cells. Lukewarm water that feels comfortable on your inner wrist (like when testing a baby bottle) is perfect. Never add salt until the yeast is mixed with the flour because it will kill the rise.*

Quick Breads *are non-yeasted baked goods like muffins, tea breads and pancakes made with leavening agents such as baking powder and baking soda. Mix quickly, though not thoroughly, since over mixing makes the finished product hard. It's OK to have small lumps of flour in the batter; they will disappear in the baking.*

Baked Goods *are done when a toothpick inserted into the center comes out dry and has some crumbs on it. Bread is done when it sounds hollow when tapped on the bottom*

Baking Pans *that do the best jobs and are the all-time favorites are the old beat up aluminum pans you inherited from your mother. Even better, your grandmother. The thinner the metal the better the cake; metal pans heat quickly and evenly.*



In not-so-merrie olde England, bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top; hence the expression "the upper crust."

Corn Bread

This basic recipe comes from Durgin Park in Boston, a centuries old, much loved market dining room known for its gigantic portions of good old Yankee cooking, family style seating (I once sat at the same table with U.S. Senator Edward Brooke), and surly waitresses with a rep to uphold.

Ingredients:

1 cup corn meal

2 cups flour (I use more corn meal, less flour for a grainier result)

3/4 cup sugar

2 eggs

3/4 tsp. salt

1 Tbsp. baking powder

1 Tbsp. melted butter (I use oil)

1½ cups milk

Method:

★ Mix sugar with beaten eggs.

★ Sift flour, baking powder and salt together.

★ Add melted butter and milk.

★ Beat up quickly and bake in large greased pan in a very hot oven.

★ A cast iron skillet gives cornbread a crunchy flavorful crust. Preheat oven with well greased skillet inside. When oven reaches 425°, take pan out, pour batter in, replace pan in oven, and lower the heat to 400°. It will cook more quickly, possibly ten minutes faster, than in a baking pan.

★ It is done when a toothpick inserted into the center.comes out clean.

Tea Cake:

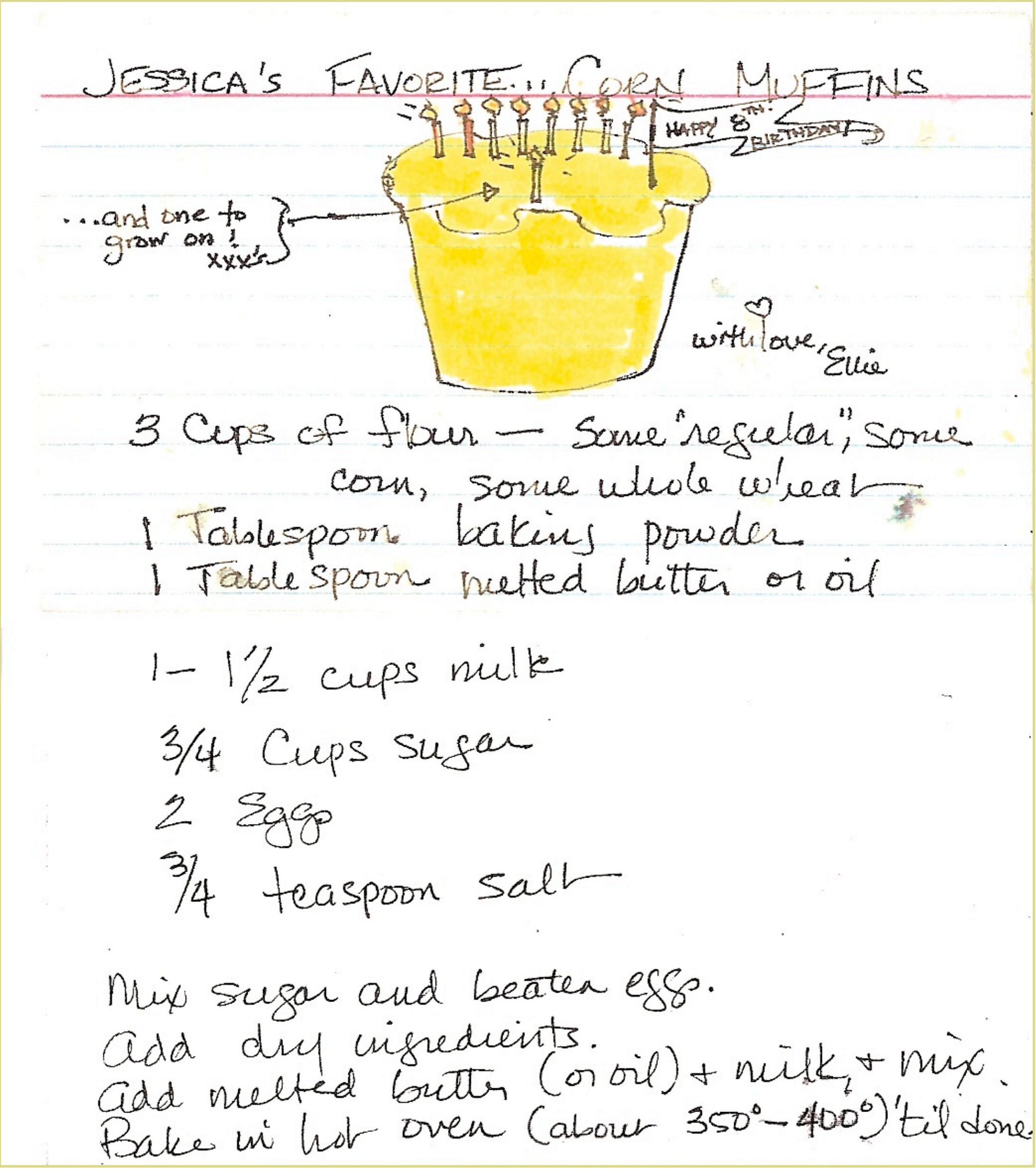
Omit corn meal and add a third cup of flour.

Blueberry cake:

Add 1 cup of blueberries to tea cake batter.

Jessica's Favorite Corn Muffins

These were made for Jessica Rosenthal for her birthday. She liked them so much that Debbie asked me for the recipe.
I put it on this recipe card which Debbie unearthed years later for me to use in this book..



JESSICA'S FAVORITE.. CORN MUFFINS

HAPPY 8th BIRTHDAY

...and one to grow on! xxx's

with love, Ellie

3 Cups of flour — Some "regular", some corn, some whole wheat
1 Tablespoon baking powder
1 Tablespoon melted butter or oil

1 - 1½ cups milk
3/4 Cups sugar
2 Eggs
3/4 teaspoon salt

Mix sugar and beaten eggs.
Add dry ingredients.
Add melted butter (or oil) + milk, + mix.
Bake in hot oven (about 350°–400°) 'til done.

Award-Winning Blueberry Muffins

Years ago Jordan Marsh, a long-gone beloved department store in downtown Boston, sold their famous blueberry muffins in the basement. No one ever took a trip into Boston without bringing home a bag of them. Their recipe for these glorious muffins was published in the Boston Globe. I knew it was a treasure way back when, so I saved it.. This is the original.

When my dear friend Janie catered a breakfast event she would call on me to make them in miniature. This recipe makes 4 dozen mini muffins.

Ingredients:

½ cup butter (one stick)

2 cups flour

1¼ cup sugar

2 eggs

½ cup milk

2 tsp. baking powder

½ tsp. salt

1 tsp. vanilla

2½ cups blueberries

2 Tbsp. sugar for sprinkling on top

Method:

★ Cream butter and sugar until fluffy.

★ Add eggs one at a time and mix until blended.

★ Add vanilla.

★ Sift in dry ingredients and add alternately with milk.

★ At this point the recipe says mash ½ cup berries and mix into batter, but I prefer using only whole berries, and only two cups, which seem to be plenty.

★ Stir in the berries gently.

★ Fill well greased muffin tins or paper muffin cups in tins, nearly full. Sprinkle tops with sugar.

★ Bake 375° for about 20 to 25 minutes. Mini muffins will cook a little more quickly than regular size muffins.

★ Butter will give the muffins a perfect crumb, as the professionals say, though if you use oil they will still be gobbled up with great alacrity.

Banana Bread

Bananas that start to get brown and soft, are perfect for this quick and easy bread. Bananas freeze well and thaw quickly in a microwave when you are ready to bake.

Ingredients:

1½ cups flour
1 cup sugar (can use less)
2 eggs
1 tsp. baking powder
½ tsp. baking soda
1 tsp. vanilla
1 tsp. salt
¼ cup oil or butter
1 cup (about 3) soft bananas, mashed

Method:

- ★ Beat oil and add sugar gradually while continuing to beat.
- ★ Mix in bananas.
- ★ Add eggs and beat all together well.
- ★ Add mixed dry ingredients, stirring just enough to combine.
- ★ Pour at once into a greased 9"x 5"x 3" pan
- ★ Bake in pre-heated oven at 350° for 40 to 60 minutes or until a toothpick inserted into the center comes out dry (crumbs, o.k., not wet batter).

Optional:

- ★ Sunflower seeds in banana bread are delicious, though, mysteriously, they turn green! Chopped walnuts, raisins or chocolate bits are lovely to add, too.

Bubbe Bread (aka Bubka)

Growing up, whenever Bubbe (my maternal grandmother Bessie Berger) came to our house, I would beg her to make "Bubbe Bread." This part-bread part-cake with it's crusty, sugary top and sweet, fragrant cinnamon and sugar center is heavenly. Her recipe is pretty vague because… she didn't use one! I would watch her and try to figure out what and how much to use. If you like to bake, you'll be able to perfect this. Eventually.

Ingredients:

3 cups of flour

2 eggs

½ cup sugar

Salt

1 stick of butter, melted

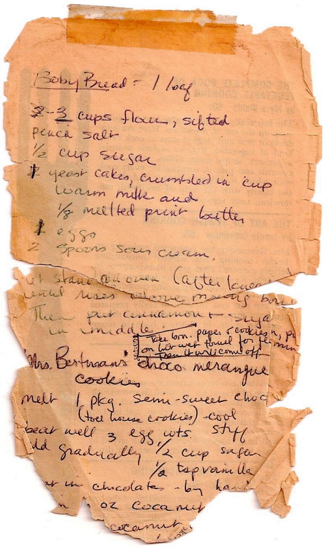
1 cup milk, lukewarm

2 yeast cakes

¼ cup warm water

2 Tbsp. of sour cream

Sugar, cinnamon and raisins



Baby Bread = 1 loaf
~~2~~-3 cups flour, sifted
pinch salt
½ cup sugar
2 yeast cakes, crumbled in cup
warm milk and
⅛ melted print butter
2 eggs
2 spoons sour cream.
let stand on oven (after knea
until rises above mixing bow
Then put cinnamon + suga
in middle.

Take brn. paper & cookies on, p
on hot wet towel for few min
Then it will come off

Mrs. Bertman's choco merangue
cookies
melt 1 pkg. semi-sweet choc
(toll house cookies) - cool
beat well 3 egg wts. stiff
dd gradually ½ cup sugar
½ tsp vanilla
r in chocolate - by han
oz cocanut
cocanut

Written on the blank back page of my first (Fanny Farmer paperback) cookbook, as I observed Bubbe baking. So long ago the print on the other side of the page is showing through.

Method:

- ★ Bubbe mounded the flour and a *bissel* (little bit of) salt on a large board, made a depression in middle, cracked the eggs on the edge of the table, and dropped them into the flour.
- ★ Meanwhile, the yeast would be in ¼ cup warm water (a little sugar helped the yeast along), dissolving and getting frothy.
- ★ She incorporated the eggs and the activated yeast, mixed it until it was well integrated, and turned it out on a floured surface.
- ★ If it was too sticky to knead, she added flour, a little at a time (too much flour makes bread tough) until the dough was smooth and elastic.
- ★ At that point it went into a greased bowl. She turned the ball of dough so it would get it lightly oiled all over to prevent it from drying out.
- ★ The bowl was then covered with a cloth and the dough was left to rise in a warm, draft-free place.
- ★ About two hours later Bubbe would punch down the dough and roll it out on floured board into a rectangular shape.
- ★ It was then smeared with butter, sprinkled very generously with cinnamon and sugar (often raisins, too), and rolled up, jelly-roll style, to make a loaf.
- ★ Bubbe glazed the loaf with water or a beaten egg, and then sprinkled it with sugar.
- ★ It baked on a greased cookie sheet in a preheated 350° oven for about 50 to 55 minutes. It was done when you could tap the bottom and get a hollow sound. When hardly cool enough to handle I would get a huge chunk of it. Bubbe Bread never lasted longer than a day.

Desserts

Coffee and cakes al fresco with 'mispucha' in Bavaria

Stefan and his vegan chocolate mousse dessert

From-Scratch Chocolate Pudding

Rich, low in fat, and and as yummy as you remember it when you were a child.

Ingredients:

2 cups skim or almond milk

2 Tbsp. cornstarch or arrowroot

½ cup sugar, agave, or maple syrup

½ tsp. salt

1 tsp. vanilla

3 heaping Tbsp. unsweetened cocoa powder

Method:

- ★ Gently heat 1½ cups of milk in a heavy pan.
- ★ When the milk is quite warm, mix cornstarch or arrowroot with the remaining cold milk and add to the warm mixture at once. (If you mix the cornstarch in the cold milk too early the cornstarch becomes brick hard.)
- ★ Stir in remaining ingredients and cook in a double boiler or on low heat until pudding becomes thick and it just begins to boil.
- ★ Reduce heat to barely a simmer and cook eight minutes longer, stirring constantly. The pudding should be thick enough to coat the back of a wooden spoon.
- ★ Cool pudding slightly, pour into a warmed bowl (if the bowl is cold and the pudding is hot it could cause the bowl to crack) and let it rest.
- ★ The yummy skin that forms on the top is my favorite part. If you don't like it, cover pudding with plastic wrap while it cools.
- ★ Serve warm or cool. I like chopped walnuts sprinkled on top, and a little milk, too.

Lemon Chiffon Pie

My mother's incredible Lemon Chiffon Pie was made for special dinner parties...the old fashioned, elegant kind in the dining room with silver, china, cloth napkins, candles, and party clothes.

Ingredients:

1 envelope gelatin

¼ cup water

5 eggs, separated

½ cup lemon juice

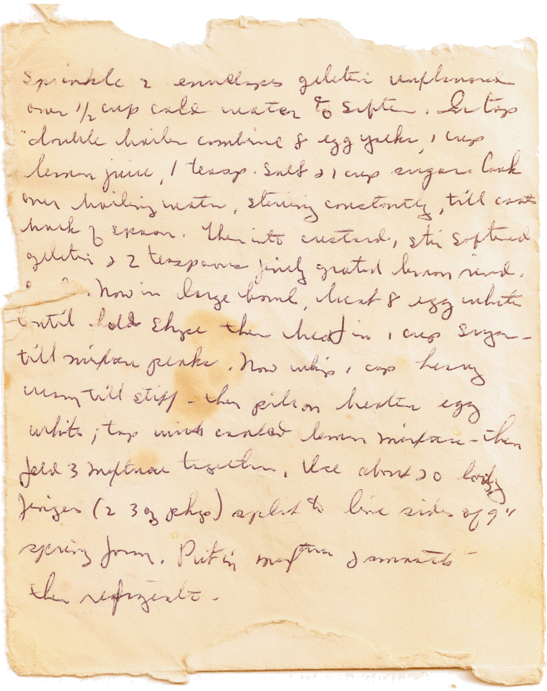
1 cup sugar

1 tsp. salt

2 tsp. grated lemon rind

1 cup heavy cream

Dark chocolate square for shaving into curls over finished top



Sprinkle 2 envelopes gelatin unflavored
over ½ cup cold water to soften. In top
double boiler combine 8 egg yolks, 1 cup
lemon juice, 1 teasp. salt & 1 cup sugar. Cook
over boiling water, stirring constantly, till coats
back of spoon. Then into custard, stir softened
gelatin & 2 teaspoons finely grated lemon rind.
Now in large bowl, beat 8 egg whites
until hold shape then beat in 1 cup sugar –
till mixture peaks. Now whip 1 cup heavy
cream till stiff – then pile on beaten egg
whites; top with cooled lemon mixture – then
fold 3 mixtures together. Use about 20 lady
fingers (2 3oz pkgs) split to line sides of 9"
spring form. Put in mixture & smooth –
then refrigerate.

Original recipe in Mimi's handwriting

Method:

- ★ Sprinkle gelatin over ¼ cup cold water to soften.
- ★ In top of double boiler put ½ cup sugar, lemon juice, salt, and beaten egg yolks. Stir constantly until the back of the spoon is coated with a custard-like mixture. Remove from flame.
- ★ Into that mix stir gelatin until it dissolves.
- ★ Add the 2 tsp. of grated lemon rind.
- ★ Set aside to cool, 10 to15 minutes.
- ★ Beat the egg whites until stiff, slowly adding other ½ cup of sugar.
- ★ Whip heavy cream until stiff.
- ★ Pile whipped cream on beaten egg whites, top with cooled lemon mixture, and gently fold all together.
- ★ Line a nine inch spring form pan with lady fingers that have been split in half (two to three packages), or use a pre-baked pie crust.
- ★ Pour in mixture, smooth, and refrigerate until set.
- ★ Guild the lily by topping with whipped cream and shaved chocolate curls.

Chocolate curls
are created with a vegetable peeler or sharp knife scraping lengthwise across slightly softened baker's chocolate

Chocolate Chip Pumpkin Cake

Jill Hamilton's cake was a favorite at our Friday Night Group dinners, and has become everyone's favorite to bake for other events as well. It is always a big hit.

Ingredients:

4 eggs

2 cups sugar (plus or minus)

1 can pumpkin

1 cup canola oil (plus or minus)

3 cups unbleached flour

2 tsp. baking soda

2 tsp. baking powder

pinch of salt

2 Tbsp. cinnamon

½ to ¾ package chocolate chip bits, which is 1 cup overflowing, or seven to eight ounces

Method:

★ Dirty only one bowl--always a good situation.

★ Mix eggs and sugar.

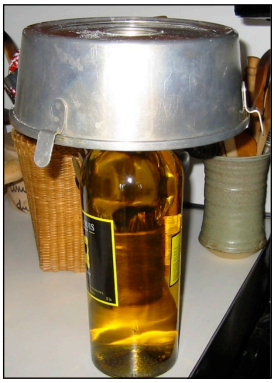
★ Add pumpkin and canola oil, cinnamon and a pinch of salt.

★ Sift in the flour, baking soda and baking powder.

★ Add chocolate chip bits.

★ Bake in well greased chimney pan at 350° until tester comes out dry, about an hour,

★ Cool up-side down on full wine bottle.



A cake in a two part tin is best cooled upside down. If the cake has risen so it is higher than the little feet on the tin, a full wine bottle heavy enough to support it keeps the cake fluffy and its top from being crushed.

The little wooden magnetized train set on this birthday cake is a family tradition. It began with Joshua and has been on all our birthday cakes ever since.

Baked Alaska Musings

Every December 21st Sandy, Paula and I would go to the Statler Hotel, (which became the Statler Hilton, now The Park Plaza) with my parents for a lovely evening of dinner and dancing to celebrate their wedding anniversary. We each took turns on the floor with my father to dance to the music of Sammy Dale. At some point in the night. Sammy played "The Hot Canary," on his violin just for my dad. We were given celebratory balloons by the dining room staff; I have never seen any like them since--a face was printed on the balloon and the knotted end was tucked into a cardboard base that looked like clown feet, on which it landed. And for dessert-...always Baked Alaska.

Sunday nights were also an occasion. We would drive to the (now extant) very New England Abner Wheeler House on Route 9. I have wonderful memories of it; the gift shop, visited either before or after dinner, was full of little treasures, my favorite being maple sugar candies shaped like maple leaves. The dining hall had lovely stone floors. Waitresses wore grey uniforms and white aprons with big starched bows. There was always an olive, radish and celery dish on the table when we sat down, creamy cheddar cheese to spread on melba toast, and airy, buttery popovers. The requisite of-the-era gelatin salad with fruit, for all and a shrimp cocktail appetizer for my father were standards. Again, alway Baked Alaska for dessert. My recipe for this delicious and showy dessert is on the following page.

Speaking of shrimp cocktail, this seems like the right place to remember my father's dining rule. In the belief that food was one of the pleasures of the senses, he wanted us to develop a taste for as many kinds of food as possible. When he ordered shrimp cocktail we, as young children, thought it was most disagreeable. But Daddy's rule was we had to have at least one taste of everything on the table. We did, and of course we love shrimp now! I followed this tradition with my children, and now they enjoy just about every kind of food, too.

Tips from vintage Abner Wheeler Cookbook:

"Two cups of stale, undrinkable coffee and a cup of sugar with two pinches of salt and a half teaspoon of vanilla cooked slowly will turn into syrup for milk, ice cream or a cake. If you use nice fresh coffee you'd be missing the boat."

"A tart dessert is perfect for following a fish meal."

"Lemon juice will keep cut fruit like bananas, apples ,and avocados from turning brown. It will also whiten your finger nails."

"If you need sour milk, add two tablespoons of vinegar per cup of sweet."

Baked Alaska

Ingredients:

1 sponge, angel food or chocolate cake
1 to 2 inches thick

1 to 2 pints ice cream, frozen yogurt or sorbet.

Meringue:

3 to 4 large eggs, whites only, at room temperature

3/4 cup sugar

2 tsp. cornstarch

½ tsp. vinegar

1 tsp. vanilla

Meringue Method:

★ Beat egg whites until foamy.

★ Add vanilla.

★ Gradually add the sugar and beat until meringue stands in stiff peaks.

Alaska in Swampscott

Method:

★ First, make sure you have room in your freezer. Begin preparations the day before, or at least the morning of, the day you want to serve it.

★ Place cake directly on a wooden board which will have to fit in the oven. If board doesn't fit in freezer, place cake on a small flat tin about the size of the cake. Put in freezer until frozen.

★ Allow ice cream or yogurt to soften slightly and mound in center of frozen cake. Leave a one inch border of cake around the mound.

★ Quickly return cake and ice cream back to freezer. Freeze until solid.

★ For two flavors, lower and flatten the first in anticipation of the second. Add second layer and refreeze until solid.

★ Using a flat metal spatular cover completely the cake, ice cream, and tin if used,with fanciful peaks and swirls of the meringue. Be sure meringue completely meets the board.

★ Bake in a preheated 425° oven on lowest shelf for 8 to 10 minutes, just until meringue is lightly browned.

★ The Baked Alaska can be refrozen at this point, but it is best served at once. Thawed frozen strawberries spooned over each eace is traditional. Chocolate sauce? Oh boy.

A puzzlement:

Why does the meringue get toasted, but the ice cream stays hard? The air in the meringue around the cake and the wooden board on the bottom act as insulation so the ice cream doesn't melt.

Festivus Cake

"Dear All-
Here's the recipe you have all been waiting for--even you Burt! There have been several requests for the recipe for the cake from our most recent fabulous Shabbat Group. Burt dubbed it the Festivus Cake, and so it shall be. --Jill"

Ingredients:

3 cups whole wheat flour

1⅓ cup agave

1 tsp. baking soda

1 tsp. cinnamon, or a bit more

1 cup chopped nuts, walnuts or almonds are good.

1½ cups canola oil

1 tsp. vanilla extract--use almond extract if you use almonds

2 cups chopped ripe bananas- or about 3 bananas

1 8 ounce can crushed pineapple without added sugar

Method:

★ Mix dry ingredients.

★ Stir in nuts.

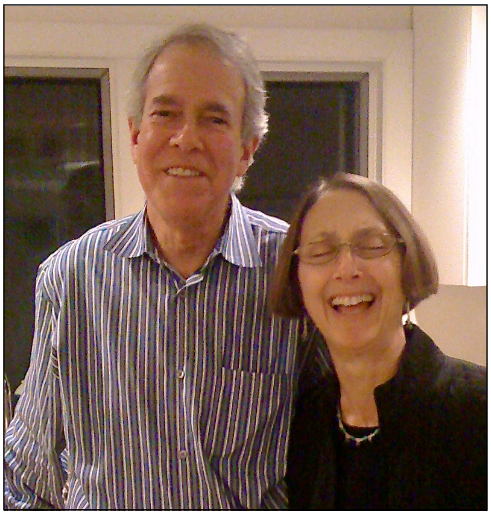
★ Combine wet ingredients and fruit and add to dry. Mix thoroughly but do not beat.

★ Bake at 300° for 1 hour 50 minutes. il use s a bundt pan sprayed with canola oil and floured with the whole wheat flour.

★ Cool and frost or not.

Frosting:

"I kind of made it up. I used an 8 oz. brick of low-fat cream cheese and creamed it with unsweetened almond milk, agave to taste and about a half cup of crushed pineapple with the juice. I may have added a little vanilla, also. Refrigerate until ready to serve. - Jill"



Book Group Cake

Our book group meets monthly to discuss, among many other things, the book! I made this cake up with what I had in the house. It turned out well and became known as The Book Group Cake. An added bonus in making this cake is you'll have only one mixing bowl to wash.

Ingredients:

1 cup canola oil--less if you want to substitute some yogurt or apple sauce for the oil

4 eggs

1½ cups of sugar

3 cups flour

1 Tbsp. baking powder

1 tsp. salt

1 Tbsp. vanilla

¼ cup apple or orange juice

Cinnamon and sugar mixed together

5 or more plums (or apples or peaches--what ever is fresh and on hand) cut into slices

Method:

All in one bowl

- ★ Beat the eggs.
- ★ Add the oil, sugar, vanilla, and mix.
- ★ Add the liquids.
- ★ Sift flour, baking powder and salt together and mix up quickly.
- ★ Have a tube pan ready--greased and floured.
- ★ Pour in half of the batter.
- ★ Place cut up fruit carefully so it doesn't touch the sides of the pan to prevent fruit from sticking.
- ★ Sprinkle cinnamon and sugar over the fruit.
- ★ Gently pour in rest of batter.
- ★ Sprinkle cinnamon and sugar over top.
- ★ Bake 350° for one hour or until toothpick inserted in center comes out dry.

Standing: *June Kalman, Alix Smullin, Ellie Miller, Nancy Nichols*
Seated: *Olga Postilnik, Debbie Goldberg, Claire Venezia*

Rice Pudding

A dessert, or even for breakfast, that says comfort food.

Ingredients:

2 cups rice, any kind works, brown is especially healthy

3 to 4 cups milk. I prefer almond milk

handful of raisins, dark or yellow

2 beaten eggs

5 to 6 Tbsp. sugar

1 tsp. vanilla

pinch of salt

shake of cinnamon

Method:

Stovetop:

- ★ To cooked, rice add rest of ingredients and bring to low simmer on stovetop until all liquid is incorporated.

Bake:

- ★ Heat oven to 350° and bake until knife inserted in center comes out clean.
- ★ Serve warm with extra cinnamon and cold milk. Chopped nuts, sunflower seeds and fresh fruit are also welcome additions.

Brown Rice Pudding in in wine glass from Bubbe's dinner set.

Pear Pie

Aya and Ittai came to a summer repast on our deck, and she brought this wonderful pie. This is exactly how she gave me her recipe:

Ingredients:

Crust:

½ cup flour

½ cup sugar

½ tsp. sugar

pinch of salt

7 large pears

½ lemon

vanilla extract

Filling:

7 large pears, pealed

lemon

vanilla

Method:

- ★ Mix dry ingredients for pie crust
- ★ Filling: peel and slice pears.
- ★ Mix with juice of ½ lemon and 1½ tsp. vanilla extract
- ★ Preheat oven to 450° and bake until lightly browned on top.

Baked Apples & Apple Sauce

The sweet smell of apples and cinnamon wafting through the house---ummmmm. The best apples to bake are crisp and firm like Cortlands and Rome. The best ones for sauce are from my yard, classification unknown.

Ingredients:

Baked Apples:

Firm apples

Chopped walnuts

Cinnamon

Sugar

Raisins, brown or gold

Apple Sauce Ingredients:

The two apple trees in the yard are old; probably original plantings at the house, and of indeterminate origin. I fill up my gathering basket and head for for the kitchen sink. These apples are so delicious they need nothing added for sauce.

Apple Sauce Method:

★ Cut washed apples into chunks leaving seeds, stems, and skin, which gives the sauce added flavor and a beautiful rosy pink color.

★ Place in a large pot with a small amount of water.

★ Cook slowly on a medium heat. stirring occasionally until soft, about 20 minutes. Apples will shrink down.

★ Let cool. Freddy is the Moulé Man, and his job is to grind the soft apples over a large bowl until cooked apples are turned into sauce.

★ A moulé (food mill) retains the seeds and stems and some of the skin. These are discarded when grinding is done.

Baked Apple Method:

★ Remove the core and and seeds, being careful not go through the base of the apple.

★ Stand apples upright in baking pan.

★ Fill cored centers with raisins, nuts, cinnamon and sugar.

★ Sprinkle sugar over tops. Brown sugar is especially good.

★ Pour about ¼ cup apple juice or water in bottom of pan.

★ Bake at 375° for 10 to 20 minutes or until apples just start to soften.

Just like Apple Pie:

Ingredients:

Apples

flax seed meal

almond meal

cinnamon

Method:

★ Peel and core apples, cut into chunks, place in (ungreased) baking dish.

★ Generously sprinkle flax seed meal and almond meal, a touch of cinnamon if you like, over apples.

★ Bake at 360° until apples just begin to soften, about 15 to 20 minutes.

Healthy Fruit Crisp à la Jill

Call it a cobbler. Call it a Crumble. Call it a Calflutis. I doesn't matter the name–it's great.

Ingredients:

2 cups almond flour

½ tsp. sea salt

1 Tbsp. cinnamon

½ tsp. nutmeg

½ cups. grape-seed oil–I have also used canola

½ cups. agave–can use a little less, too

1 Tbsp. vanilla extract

5 medium apples, peeled, sliced then chopped in half width wise

2 pints of blackberries, blueberries or any fruit you like.

Method:

- ★ Combine almond flour, salt, cinnamon and nutmeg.
- ★ Combine oil, agave and vanilla.
- ★ Stir wet ingredients into dry.
- ★ Place fruit in oven safe baking dish
- ★ Sprinkle topping over fruit.
- ★ Bake covered with foil at 350° for 50 minutes.
- ★ Remove foil and bake 10 minutes to brown top.

Pumpkin Pie,
Pumpkin Custard & Pumpkin Seeds

Pumpkin -- high in Vitamin A.

Ingredients:

2 cups (one 15 ounce can) pumpkin or cooked hubbard squash. One pound of pumpkin, butternut or hubbard squash equals about one cup mashed pumpkin.

1 can (about 14 ounces) sweetened condensed milk.

2 eggs, slightly beaten

½ cup sugar (or honey)

1 tsp. ground cinnamon

½ tsp. ginger

¼ tsp. nutmeg and/or cloves/allspice

½ tsp. salt

Pumpkin pie spice
is a combination of some or all of the spices above, so you can easily make your own.

No condensed milk?
Substitute 1½ cups milk plus ½ cup sugar for condensed milk. Nut milks also work.

Hubbard squash
(at the time nameless) came to Marblehead, Massachusetts through Captain Knott Martin. Elizabeth Hubbard brought it to the attention of her neighbor, a seed trader named James J. H. Gregory. Mr. Gregory subsequently introduced it to the market using Mrs. Hubbard's name as the eponym. Gregory later bred and released the blue hubbard, which has a bluish-gray skin. The other major variety, the golden hubbard squash, has a bright orange skin. Gregory advertisements for the squash date from at least 1859..

Method:

- ★ Cut fresh pumpkin(s) in half, scrape out stringy center(s) and seeds (save seeds to roast and nibble later--see below) and place on baking sheet with a few tablespoons of water, cut side down.
- ★ Cover tightly with foil, and bake in 350° oven until soft, about 40 minutes.
- ★ Cool, scrape soft squash. discard skin.
- ★ Mix all ingredients and pumpkin meat together.
- ★ Pour mixture gently into pre-cooked pie crust Graham cracker crust is good too.
- ★ Bake in center of preheated oven at 350° until knife inserted into center comes out clean.

Our friendly squirrel enjoying a pumpkin treat

Custard

- ★ Place heat-proof bowl or individual ramekins in a hot water bath and bake until knife inserted in center comes out clean.

Roasted pumpkin seeds

- ★ Clean pumpkin seeds well. Rolling and rubbing them in a dish towel makes the task easier.
- ★ Toss with small amount of tamari and/or oil and salt,
- ★ Roast on a cookie tin in the oven, checking and stirring frequently until toasted.

Almond Bark

Quick, easy and possibly impressive: lots of bang for your buck.

Ingredients:

2 oz. chocolate bits

1 cup toasted almonds, whole or sliced

Method:

- ★ Melt chocolate on stove top in pan over another pan of boiling water, or microwave until glossy but bits still hold shape. (If they get too hot they can get grainy.)
- ★ Stir chocolate until liquid, add nuts.
- ★ Spread thinly on wax paper, and chill until set.
- ★ Break it up and eat it!
- ★ Dark chocolate and any nuts you like is wonderful, too.

For one moment our lives met, our souls touched. --*Oscar Wilde*

Yeasted Bubka

Exactly as told to me by Rachel in her Tel Aviv kitchen., "This makes 2 BIG cakes if you use a large round chimney pan, or 4 long "English" style cakes.." The wording is all Rachel's--you may even hear her accent!

Ingredients:

4 to 5 cups flour

⅓ cup warm water

⅓ cup oil

½ cup sugar

tsp. salt

Few drops vanilla

2 Tbsp. cognac ("good" cognac")

zest of a lemon

50 grams fresh yeast

200 grams butter, unsalted (2 sticks) (7.3 ounces)

1 cup milk

2 eggs

Chocolate Filling:

5 Tbsp. good cocoa

½ Tbsp. Nescafe instant coffee

5 to 6 Tbsp. sugar

Melted stick of butter

round pan.

Cheese Filling:

Low fat ricotta (touflan) 2 packages, 1 package sour cream, sugar, lemon zest, vanilla. (No egg).

Apple Filling:

Granny Smith, peel, cut, butter, sugar, cognac, lemon zest. caramelize in pan. Raisins possibly.

Almond Filling:

Ground almonds, cinnamon, sugar and butter.

Method:

★ Melt butter with milk until hot.

★ In mixer, 4 cups flour, salt, sugar and vanilla.

★ Hole in middle add 2 eggs, cognac, oil, warm water, lemon zest.

★ In separate cup, yeast, 3 Tbsp. extra sugar, a little warm water, and mix.

★ Start mixer on low. Then, when slightly mixed add melted butter and milk.

★ Add yeast mixture.

★ Mix all 7 to 8 minutes.

★ If too soft, add flour. "Feel the dough."

★ Put dough in floured bowl. Cover with cloth. Leave, 1½ hours and it will double in size. Punch it a couple of strokes. Punch down and let rise again, about one hour.

★ Then, flour board, knead 5 minutes. Cut in half, or quarters. Roll out round "leaf."

★ Spread chocolate mixture on leaf. Sprinkle melted butter on top.

★ Roll. Lay long roll in round pan.

★ Let rise again until double in size.

★ Put in low oven, (Israeli; 170-180°C) (350 °F½) ¾ hour. Continues to rise in oven. Then bake.

Oatmeal Chocolate Chip Cookies

Soft and chewy cookies that are easy and almost healthy, from Jessie Rosenthal's kitchen.
She uses Trader Joe's chocolate chips, and they are the best!
Can your find the word in the "Method" section that makes this very contemporary?

Ingredients:

2½ cups old fashioned oats

2 cups flour

½ cup brown sugar

1 tsp. baking soda

1 tsp. salt

1 cup (I used a little less) canola oil

2 eggs

2 tsp. vanilla

2 cups semi-sweet chocolate chips, less 2 Tbsp.

Method:

- ★ Preheat oven to 350°
- ★ Grease baking sheet or line with silpat or parchment paper.
- ★ In large mixing bowl add the oatmeal, flour, sugar, brown sugar, soda, salt, canola oil, eggs and vanilla, and mix until combined.
- ★ Using your hands, clump together a tablespoon of dough and place on prepared baking sheet (the balls will be crumbly. This is ok as they will combine while baking). Repeat with remaining dough.
- ★ Bake for 10 to 12 minutes our until set and golden. (Jessie thinks it usually takes more like 14 to 16 minutes, but checks them every 2 minutes.
- ★ Let cool for five minutes.

Party Squares

Apricot ♥ Raspberry ♥ Blueberry ♥Strawberry

Nancy Nichols brought these easy to make and devastatingly rich Squares to a Book Group meeting.
No one wanted to eat them.
Then there were none.

Ingredients:

Cream together:

1 cup sugar
1 egg
3/4 cup butter
1 teaspoon vanilla

Add:

2 cups flour
½ teaspoon salt
1⅜ cup coconut

Method:

- ★ Mix all ingredients together. Mixture will be stiff.
- ★ Spread ¾ of the mixture in a 9"X13" greased pan
- ★ Spread 12 ounces preserves of your choice and sprinkle with ½ cup sliced almonds.
- ★ Crumble the rest of the mixture over the top.
- ★ Bake at 350° for 30 to 35 minutes.
- ★ Cut in squares while warm.

Pavlova with Fresh Berries

This dessert is magical to look at and so good it's hard to believe you can make it fat-free or at least healthy enough to eat it guilt-free. The crackly crust is perfection.

Ingredients:

Meringue shell:

3 to 4 large egg whites, at room temperature for at least an hour

¾ cup sugar

2 tsp. cornstarch

½ tsp. vinegar

1 tsp. vanilla

Filling:

Ice cream is delicious

So is low fat vanilla yogurt

Method:

- ★ Beat the egg whites until they start to get foamy.
- ★ Beat in vanilla and vinegar.
- ★ Add sifted cornstarch.
- ★ Very gradually add the sugar, and beat until the meringue stands in stiff peaks; over beating will break down the egg whites which will prevent them from attaining their full volume.
- ★ Cover a baking sheet with parchment paper. Spoon meringue mixture in center. With spatula or knife, spread meringue over the paper into a circle about 8 inches in diameter, higher at the sides, to form a nest.
- ★ Bake in preheated 250° oven for 1½ hours.
- ★ Turn off heat and leave in oven another 1½ hour, even overnight.
- ★ When shell is ready, spoon in your favorite non-fat yogurt, ice cream, frozen yogurt or chocolate pudding..
- ★ Top with fresh berries or fruit.

Individual Pavlovas formed into 8 small rounds or hearts, each with its depression to be filled with ice cream, yogurt, whipped cream or custard just before serving.

Greek Wedding Cookies

These melt-in-your-mouth confections are beyond description.
I often made them for parties Janie Lakatos was catering.
OMG!

Ingredients:

2½ cups sifted all-purpose flour

1 cup plus 1 Tbsp. butter at room temperature

1 to 2 tsp. vanilla

2 cups granulated sugar

1 cup almonds, finely chopped. You'll really appreciate a food processor here, though almond meal is available in some stores.

1½ to 2 cups confectioner's sugar

Method:

- ★ With fingers, mix the flour, butter, then vanilla extract. Add the granulated sugar and chopped nuts and mix well.
- ★ Press small handfuls of batter in one hand, and gently shape into small balls about ½ inch in diameter.
- ★ Bake at 350° on un-greased cookie sheet for 15 to 20 minutes or until lightly browned.
- ★ Line a bowl with wax paper into which you sift the confectioner's sugar. While still warm, (warm enough for sugar to stick but not so hot the sugar melts) gently roll cookies in the confectioners sugar.
- ★ Place cookies on your prettiest plate and sift any remaining confectioner's sugar over the tops to make them look even more snowy and beautiful.

To the world you may be just one person, but to one person you may be the world.

L’Chiam!